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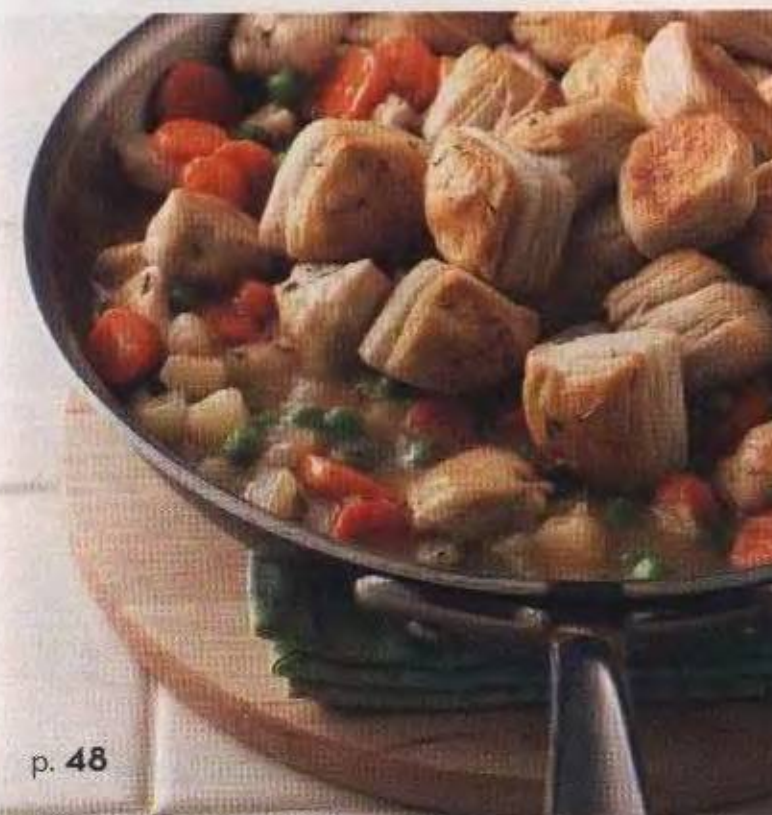
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# 1

## RISE & SHINE

*Six delicious ways to start your day*

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- 8 Breakfast Hash Browns, Bacon and Egg Bake
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## Vegetable-Cheddar Quiche

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 6 SERVINGS

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 1½ cups shredded Cheddar cheese (6 oz)
- 2 tablespoons all-purpose flour
- 2 cups frozen bell pepper and onion stir-fry (from 1-lb bag), thawed, drained and patted dry
- 1 can (4 oz) Green Giant® mushroom pieces and stems, drained
- 4 eggs
- 1 cup milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper

**1** Heat oven to 425°F. Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie. Bake 5 to 7 minutes or just until edge begins to brown. If crust puffs up in center, gently push down with back of wooden spoon.

**2** Meanwhile, in large bowl, toss cheese and flour to coat. Add stir-fry vegetables and mushrooms; toss to mix.

**3** Remove partially baked crust from oven; reduce oven temperature to 375°F. Spoon cheese mixture into partially baked crust. In same bowl, beat remaining ingredients with wire whisk until well blended. Pour over cheese mixture.

**4** Bake at 375°F for 35 to 45 minutes longer or until filling is puffed and knife inserted in center comes out clean. If necessary, cover edge of crust with strips of foil during last 15 to 20 minutes of baking to prevent excessive browning. Let stand 5 to 10 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 375; Total Fat 23g; Sodium 560mg; Dietary Fiber 1g

EXCHANGES: 2 Starch, 1½ High-Fat Meat, 2 Fat  
CARBOHYDRATE CHOICES: 2

### TIP

Prebaking the crust for a few minutes helps eliminate the soggy crust often found in custard-type pies.



## Lemon Pull-Apart Coffee Cake

PREP TIME: 10 MINUTES START TO FINISH: 35 MINUTES 6 SERVINGS

- ¼ cup sugar
- ¼ cup golden or dark raisins
- ¼ cup chopped walnuts, almonds or pine nuts
- 2 teaspoons grated lemon peel
- 2 tablespoons butter or margarine, melted
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits

**1** Heat oven to 375°F. Line bottom of 8- or 9-inch round cake pan with waxed paper. In large bowl, mix all ingredients except biscuits.

**2** Separate dough into 10 biscuits. Cut each into quarters. Place biscuit pieces in sugar mixture; toss to coat. Arrange in single layer in waxed paper-lined pan. Sprinkle top with any remaining sugar mixture.

**3** Bake 20 to 25 minutes or until deep golden brown. Run knife around side of pan to loosen. Place heat-proof serving plate upside down over pan; turn plate and pan over. Remove pan and waxed paper. Cut coffee cake into wedges or pull apart. Serve warm.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 320; Total Fat 15g; Sodium 710mg; Dietary Fiber 1g

EXCHANGES: 1 Starch, ½ Fruit, 1½ Other Carbohydrate, 3 Fat  
CARBOHYDRATE CHOICES: 3

Whenever you use a lemon (or an orange) for its juice, *grate the peel* before squeezing it. Keep the peel in a little jar in your freezer ready for recipes like this.

### TIP

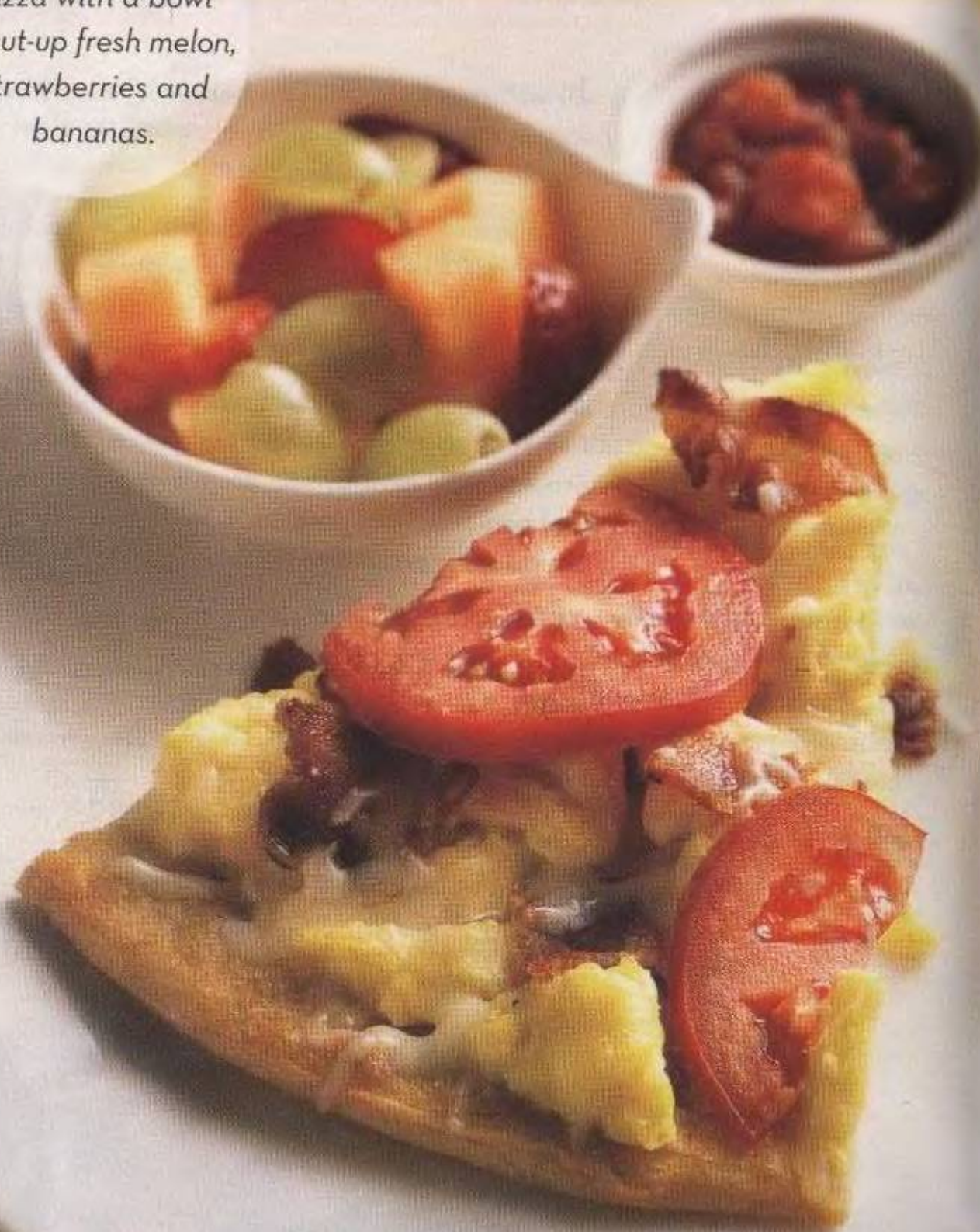
For a festive weekend breakfast, serve coffee cake with slices of honeydew melon or cantaloupe and fluffy scrambled eggs.





**TIP**

Serve this pizza with a bowl of cut-up fresh melon, strawberries and bananas.



## Scrambled Egg-Parmesan Soft Crust Pizza

PREP TIME: 25 MINUTES START TO FINISH: 35 MINUTES 6 SERVINGS

- 4 slices bacon
- 1 box (10.6 oz) Pillsbury® refrigerated Parmesan with garlic breadsticks
- 8 eggs
- ¼ cup milk
- ½ teaspoon salt
- Dash pepper
- 2 cups shredded pizza cheese blend (8 oz)
- 1 small tomato, very thinly sliced
- Salsa, if desired

**1** In 10-inch skillet, cook bacon until crisp. Remove bacon from skillet; drain on paper towels. Crumble bacon; set aside. Drain all but 2 teaspoons drippings from skillet. Set skillet aside.

**2** Heat oven to 400°F. Unroll dough; separate into 10 breadsticks. Starting in center of ungreased 12-inch pizza pan or large cookie sheet, shape 1 breadstick into a coil. Add breadsticks, pinching ends firmly to seal until all are used. Press dough to form 12-inch round. Stir Parmesan topping; spread evenly over dough.

**3** Bake 10 to 12 minutes or until light golden brown. Meanwhile, in large bowl, beat eggs, milk, salt and pepper with wire whisk until well blended. Add to drippings in skillet; cook over medium heat about 5 minutes, stirring occasionally, until set but still moist. Stir in 1 cup of the cheese. Remove from heat. Let stand 1 to 2 minutes or until cheese is melted.

**4** Remove partially baked crust from oven. Sprinkle ½ cup cheese evenly over crust. Top evenly with eggs, crumbled bacon and remaining ½ cup cheese. Arrange tomato slices over top.

**5** Bake 5 to 7 minutes longer or until pizza is thoroughly heated and cheese is melted. Serve with salsa.

HIGH ALTITUDE (3500-6500 FT): Bake dough round topped with Parmesan topping 7 to 9 minutes.

PER SERVING: Calories 380; Total Fat 22g; Sodium 1130mg; Dietary Fiber 0g

EXCHANGES: 1½ Starch, 2½ Medium-Fat Meat, 2 Fat  
CARBOHYDRATE CHOICES: 1½



Because the eggs will *continue to cook* in the oven, scramble them just until they are set and a bit shiny.



# Breakfast Hash Browns, Bacon and Egg Bake

PREP TIME: 25 MINUTES    START TO FINISH: 9 HOURS 25 MINUTES    6 SERVINGS

- 4 cups frozen potatoes O'Brien with onions and peppers (from 24-oz bag)
- 1½ cups shredded Colby-Monterey Jack cheese blend (6 oz)
- 6 eggs
- ½ cup milk
- 1 teaspoon salt-free garlic-herb blend
- ½ teaspoon salt
- ½ teaspoon red pepper sauce
- 5 slices precooked bacon, cut into ½-inch pieces (about ¼ cup)
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls

**1** Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Spread potatoes evenly in baking dish. Add cheese; stir gently to mix.

**2** In medium bowl, beat eggs thoroughly with wire whisk. Add milk, garlic-herb blend, salt and pepper sauce; beat until well blended. Pour over potato-cheese mixture. Top with bacon. Cover; refrigerate at least 8 hours or overnight.

**3** When ready to serve, heat oven to 350°F. Uncover baking dish; bake 30 minutes.

**4** Remove baking dish from oven. Separate dough into 4 rectangles. If desired, with small canapé cutters, cut out a few shapes from each rectangle. Carefully place rectangles over hot potato mixture so corners of rectangles meet in center; do not seal seams. Carefully press edges to sides of baking dish. Place cut-out shapes on top of rectangles.

**5** Bake 15 to 20 minutes longer or until potatoes are tender and crust is deep golden brown. Let stand 10 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): When ready to serve, bake uncovered 35 minutes. After topping with dough, bake 18 to 23 minutes longer.

PER SERVING: Calories 475; Total Fat 23g; Sodium 1010mg; Dietary Fiber 3g

EXCHANGES: 3 Starch, 1½ High-Fat Meat, 2 Fat  
CARBOHYDRATE CHOICES: 3

Be sure to figure in the *standing time* when using this recipe. Not only is the dish too hot to eat right out of the oven, but the stand time also allows the casserole to set up for *easier cutting*.

KITCHEN  
TIP



This dish needs to refrigerate at least 8 hours before baking, so it's a great do-ahead recipe.





## Get Up 'n Go Breakfast Sandwiches

PREP TIME: 15 MINUTES    START TO FINISH: 45 MINUTES    8 SANDWICHES

- 1 can (16.3 oz) Pillsbury® Grands!® refrigerated buttermilk or southern style biscuits
- 8 thin slices Canadian bacon (about 4½ oz)
- 8 slices (1 oz each) American cheese
- 8 thin slices tomato, if desired

**1** Bake biscuits as directed on can. Cool completely, about 20 minutes.

**2** Split warm biscuits. Fill each with 1 slice Canadian bacon and 1 slice cheese cut to fit. Wrap sandwiches individually in microwavable plastic wrap. Place in large resealable freezer plastic bag; seal bag and freeze. For best quality, use within 3 months.

**3** To heat 1 frozen sandwich, loosen wrapping. Microwave on High 45 to 60 seconds or until thoroughly heated and cheese is melted. Let stand 30 to 60 seconds to cool slightly before serving. Add tomato slice to each sandwich.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SANDWICH: Calories 380; Total Fat 22g; Sodium 1130mg; Dietary Fiber 0g

EXCHANGES: 2 Starch, 1 High-Fat Meat, 2 Fat  
CARBOHYDRATE CHOICES: 2

It works best to microwave the sandwiches *one by one*.

Start with the minimum time and check the middle of the biscuits before adding more time.

### TIP

Slices cut from a loaf box of American cheese or deli slices that aren't individually wrapped work best in this recipe.



# Microwave Caramel-Pecan Rolls

PREP TIME: 15 MINUTES START TO FINISH: 15 MINUTES 5 ROLLS

## TOPPING

- 1/4 cup butter
- 1/2 cup packed brown sugar
- 2 tablespoons light corn syrup
- 2 tablespoons whipping cream
- 1/2 cup chopped pecans

## ROLLS

- 2 tablespoons butter
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1 can (10.2 oz) Pillsbury® Grands!® refrigerated buttermilk biscuits (5 biscuits)

**1** In 9-inch microwavable pie plate, place 1/4 cup butter. Microwave uncovered on High 40 to 60 seconds or until melted. Stir in remaining topping ingredients except pecans. Microwave uncovered on High 1 minute. Stir; sprinkle evenly with pecans.

**2** In shallow microwavable dish, microwave 2 tablespoons butter on High 20 to 30 seconds until melted. In another shallow dish, mix 1/3 cup brown sugar and the cinnamon.

**3** Separate dough into 5 biscuits. Dip biscuits into melted butter to coat all sides, then into brown sugar mixture to coat well. Arrange biscuits in circle over topping in pie plate, leaving center open.

**4** Microwave uncovered on High 4 to 6 minutes or until centers of biscuits are no longer doughy. Cool in pan 30 seconds. Place heatproof serving plate upside down over pan; turn plate and pan over. Remove pan. Serve warm.

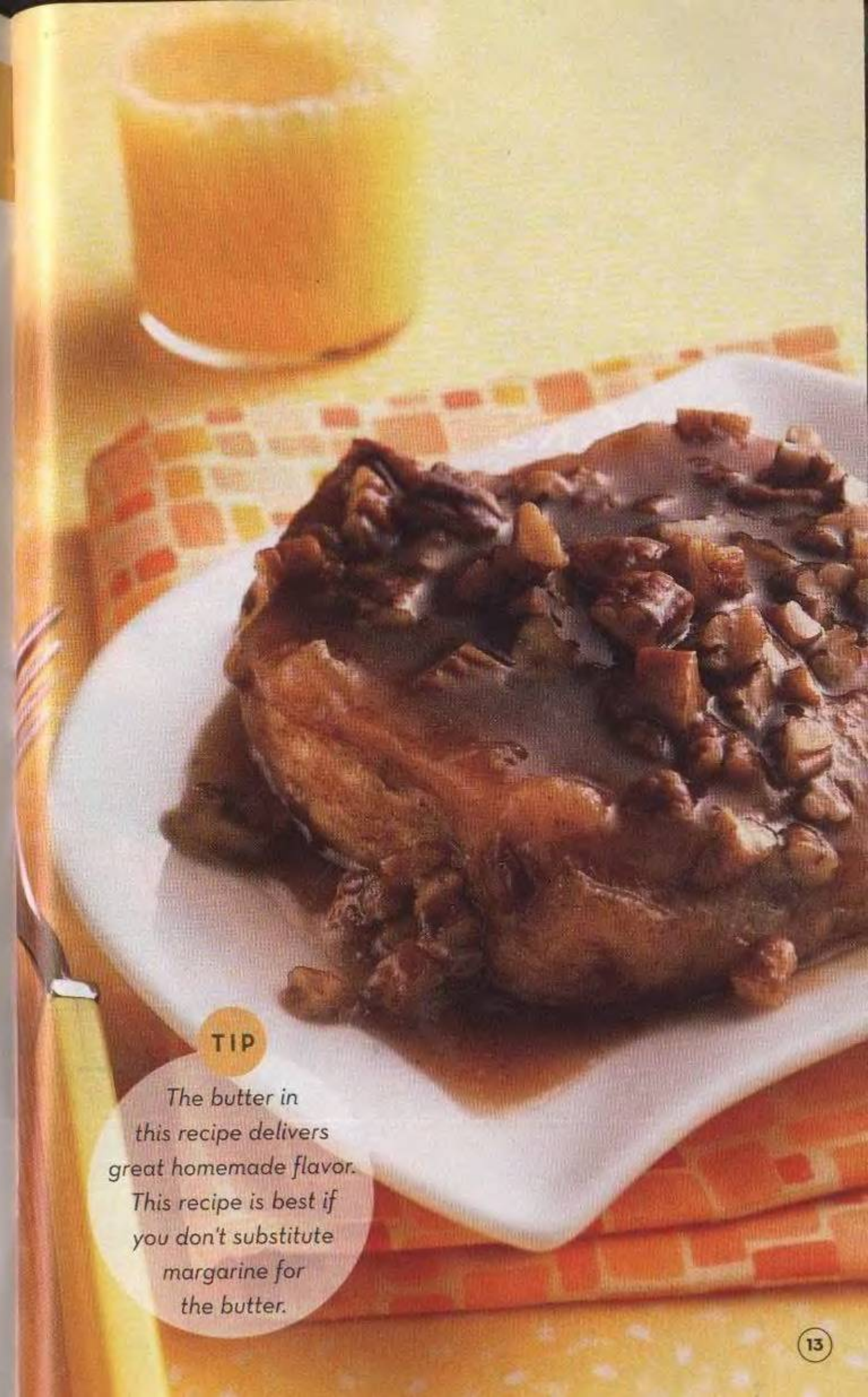
HIGH ALTITUDE (3500-6500 FT): No change.

PER ROLL: Calories 600; Total Fat 33g; Sodium 810mg; Dietary Fiber 2g

EXCHANGES: 1 Starch, 4 Other Carbohydrate, 6 1/2 Fat  
CARBOHYDRATE CHOICES: 5



Since microwave oven wattage varies, microwave rolls the *minimum time*, then check doneness by looking for raw dough in the center of the pie plate. If additional time is needed, microwave only 30 seconds at a time.



## TIP

The butter in this recipe delivers great homemade flavor. This recipe is best if you don't substitute margarine for the butter.



# 2

## APPETIZERS & SNACKS

*Bite-size portions for  
snacks or parties*

- 16 **Pizza Melts** ►
- 17 Focaccia Dipping Sticks
- 18 Tiny Ham and Pineapple Pot Pies
- 21 Sausage Snack Wraps
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- 26 Spicy Mexican Quiche Cups
- 29 Feta Crescent Triangles
- 30 Meatball Bubble Biscuits





## Pizza Melts

PREP TIME: 15 MINUTES START TO FINISH: 40 MINUTES 32 SERVINGS

- 2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls
- ¼ cup pizza sauce or 3 tablespoons tomato paste with basil, garlic and oregano
- 1 package (3.5 oz) sliced pepperoni
- 2 cups shredded mozzarella cheese (8 oz)
- 1 egg, beaten
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried oregano leaves
- 1 cup pizza sauce, if desired

**1** Heat oven to 375°F. Grease cookie sheet. On cookie sheet, unroll 1 can of dough into 1 large rectangle. With floured rolling pin or fingers, roll or press dough into 12x9-inch rectangle, firmly pressing perforations to seal.

**2** Spread ¼ cup pizza sauce over dough to within ¼ inch of edges. Top with pepperoni and mozzarella cheese.

**3** On 14-inch length of parchment paper, unroll remaining can of dough. Press to make 12x9-inch rectangle, firmly pressing perforations to seal. While holding paper with dough, turn dough upside down to cover cheese. Remove paper. Brush with beaten egg. Sprinkle with Parmesan cheese and oregano.

**4** Bake 12 to 15 minutes or until golden brown. Let stand on cooling rack 5 to 10 minutes. Move to cutting board. Using pizza cutter, cut into 16 squares. Cut each square in half diagonally. Serve with 1 cup pizza sauce.

HIGH ALTITUDE (3500-6500 FT): Bake 15 to 18 minutes.

PER SERVING: Calories 90; Total Fat 6g; Sodium 220mg; Dietary Fiber 0g

EXCHANGES: ½ Starch, ½ High-Fat Meat  
CARBOHYDRATE CHOICES: ½

Sprinkle the cookie sheet with cornmeal, and place the crescent rectangle over it for a crust with more texture.



## Focaccia Dipping Sticks

PREP TIME: 15 MINUTES START TO FINISH: 35 MINUTES 28 SERVINGS

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 1 tablespoon extra-virgin olive oil
- ⅓ cup red bell pepper strips (1x⅛ inch)
- 3 tablespoons thinly slivered pitted ripe olives
- 1 tablespoon chopped fresh rosemary
- ¼ teaspoon coarse salt
- 1 cup tomato pasta sauce, heated

**1** Heat oven to 400°F. Grease cookie sheet with shortening or cooking spray. Unroll dough onto cookie sheet into 14x9-inch rectangle. With fingertips, make indentations over surface of dough.

**2** Drizzle oil over dough. Top with remaining ingredients except pasta sauce; press lightly into dough.

**3** Bake 13 to 18 minutes or until golden brown. Cut focaccia in half lengthwise; cut each half crosswise into 14 sticks. Serve warm sticks with warm pasta sauce for dipping.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 45; Total Fat 1g; Sodium 170mg; Dietary Fiber 0g

EXCHANGES: ½ Starch  
CARBOHYDRATE CHOICES: ½

### TIP

Use your hands to press the toppings gently into the dough so they don't fall off when you cut the sticks.





## Tiny Ham and Pineapple Pot Pies

PREP TIME: 40 MINUTES START TO FINISH: 1 HOUR 16 APPETIZERS

- 1/2 cup finely chopped cooked ham
- 1/2 cup finely shredded Swiss cheese (2 oz)
- 1/2 cup canned crushed pineapple, well drained
- 1 tablespoon finely chopped green onions
- 1/2 teaspoon ground mustard
- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box
- 1 egg, beaten
- 1 teaspoon sesame seed, if desired



**1** Heat oven to 450°F (425°F for dark or nonstick pans). In small bowl, mix ham, cheese, pineapple, onions and mustard.

**2** Remove pie crusts from pouches; unroll crusts on work surface. From each crust, cut 8 (3-inch) rounds and 8 (2-inch) rounds, rerolling crusts if necessary. In 16 ungreased mini muffin cups, press 3-inch rounds in bottoms and up sides so edges of crusts extend slightly over sides of cups.

**3** Spoon about 1 rounded tablespoon ham mixture into each crust-lined cup. Brush crust edges lightly with beaten egg.

**4** Cut small vent in each 2-inch pie-crust round. Place 1 round over filling in each cup; press edges together, pushing toward cup so crust does not extend over sides. Brush top crusts with beaten egg. Sprinkle with sesame seed.

**5** Bake 10 to 14 minutes or until crust is deep golden brown. Remove from muffin cups. Let stand 5 minutes before serving

HIGH ALTITUDE (3500-6500 FT): No change.

PER APPETIZER: Calories 120; Total Fat 7g; Sodium 160mg; Dietary Fiber 0g

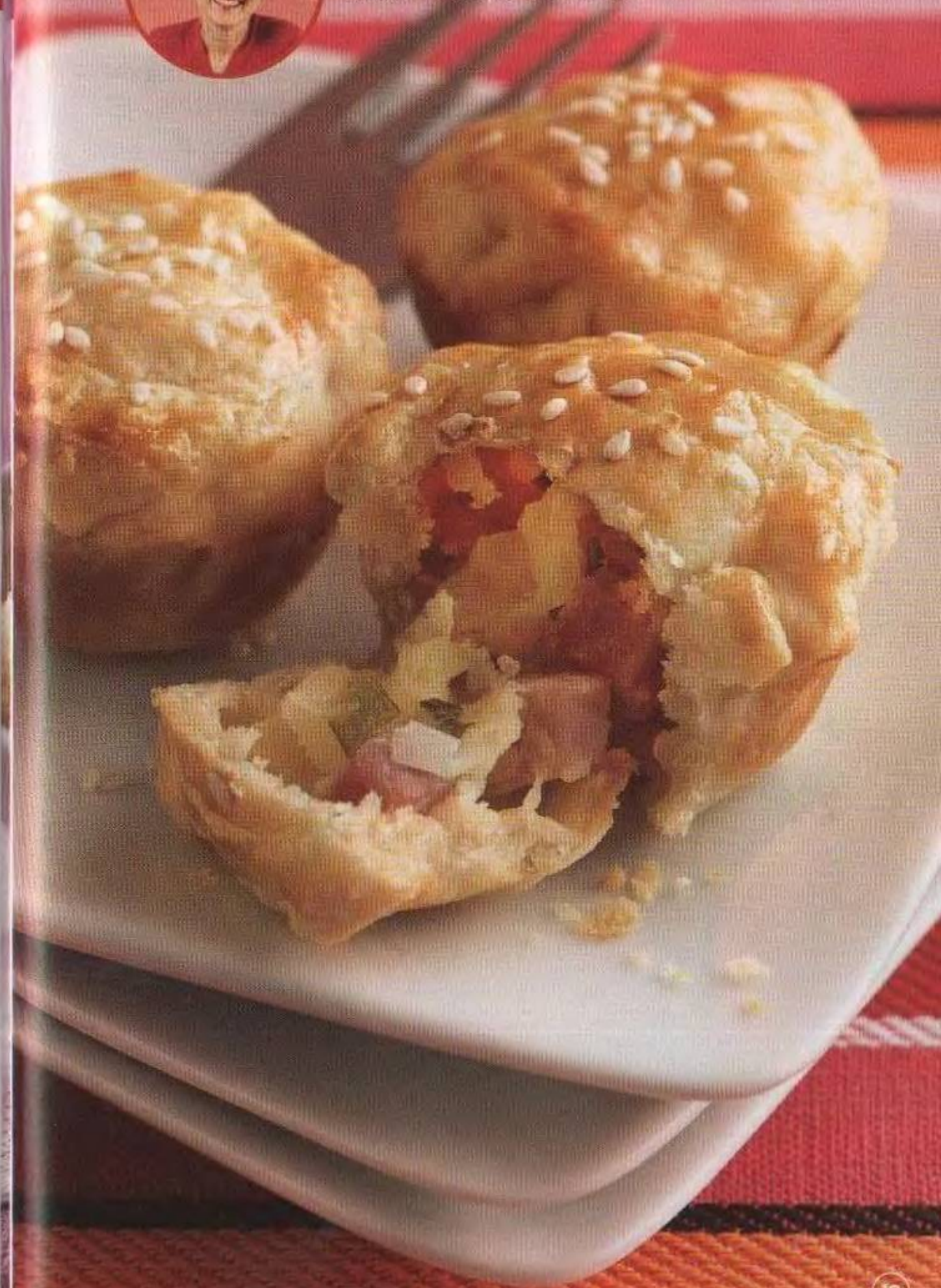
EXCHANGES: 1 Starch, 1 Fat  
CARBOHYDRATE CHOICES: 1

Fill and top the pot pies *up to 2 hours ahead*; cover and refrigerate. Just before baking, brush the tops with beaten egg and sprinkle with sesame seed.

KITCHEN  
TIP



One 2.25-ounce can of deviled ham can be used in place of the chopped ham. The filling will be somewhat softer in texture.





## Sausage Snack Wraps

PREP TIME: 15 MINUTES START TO FINISH: 30 MINUTES 48 APPETIZERS

### TIP

Beware -  
keep the food thieves  
out of the kitchen while  
you're baking these or  
you might not have  
enough left for your  
company!

- 2 cans (8 oz each)  
Pillsbury® refrigerated  
crescent dinner rolls
- 48 fully cooked small  
smoked sausage links
- Ketchup, if desired
- Prepared horseradish,  
if desired
- Yellow mustard,  
if desired

**1** Heat oven to 375°F.

**2** Separate dough into 16 triangles. Cut each triangle into thirds lengthwise. Place sausage on shortest side of each triangle. Roll up, starting at shortest side of triangle and rolling to opposite point. On ungreased cookie sheet, place rolls point side down.

**3** Bake 12 to 15 minutes or until golden brown. Serve warm with ketchup, horseradish and mustard.

HIGH ALTITUDE (3500-6500 FT): No change.

PER APPETIZER: Calories 70; Total Fat 5g; Sodium 190mg;  
Dietary Fiber 0g

EXCHANGES: ½ Starch, 1 Fat  
CARBOHYDRATE CHOICES: 0

To make these party favorites *ahead*,  
assemble them, then cover and refrigerate  
up to 2 hours; bake as directed.



## Easy Vegetable Pizza

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 10 MINUTES 32 APPETIZERS

- 2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls
- 1 package (8 oz) cream cheese, softened
- 1/2 cup sour cream
- 1 teaspoon dried dill weed
- 1/8 teaspoon garlic powder
- 1/2 cup small fresh broccoli florets
- 1/3 cup quartered cucumber slices
- 1 plum (Roma) tomato, seeded, chopped
- 1/4 cup shredded carrot

**1** Heat oven to 375°F. Separate cans of dough into 4 long rectangles. In ungreased 15x10x1-inch pan, place dough; press in bottom and up sides to form crust.

**2** Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.

**3** In small bowl, mix cream cheese, sour cream, dill and garlic powder until smooth. Spread over crust. Top with vegetables. Serve immediately, or cover and refrigerate 1 to 2 hours before serving. Cut into 16 squares; cut each square in half diagonally.

HIGH ALTITUDE (3500-6500 FT): No change.

PER APPETIZER: Calories 90; Total Fat 6g; Sodium 135mg; Dietary Fiber 0g

EXCHANGES: 1/2 Starch, 1 Fat  
CARBOHYDRATE CHOICES: 1/2

*For the best results,* keep the crescent roll dough in the refrigerator until you're ready to use it.  
Cold dough bakes the best!





## Mini Soft Pretzels and Dip

PREP TIME: 20 MINUTES START TO FINISH: 30 MINUTES 24 SERVINGS

**TIP** For a sweet pretzel, brush the shaped pretzels with melted butter and sprinkle with a mixture of cinnamon and sugar before baking them. Skip the dip.

- 1 can (11 oz) Pillsbury® refrigerated original breadsticks
- 1 egg, beaten
- Coarse salt, if desired
- 1 jar (5 oz) sharp process cheese spread with bacon
- 2 tablespoons milk

**1** Heat oven to 375°F. Unroll dough; separate into 12 breadsticks. Cut each in half lengthwise. Roll each breadstick lightly to form 10-inch-long rope.

**2** To shape each pretzel, shape rope into a circle, overlapping dough about 2 inches from each end, leaving ends free. Take 1 end in each hand; twist once at point where dough overlaps. Lift ends over opposite side of circle. On ungreased cookie sheet, place pretzels 1 inch apart. Brush each pretzel with beaten egg. Sprinkle with salt.

**3** Bake 13 to 15 minutes or until golden brown.

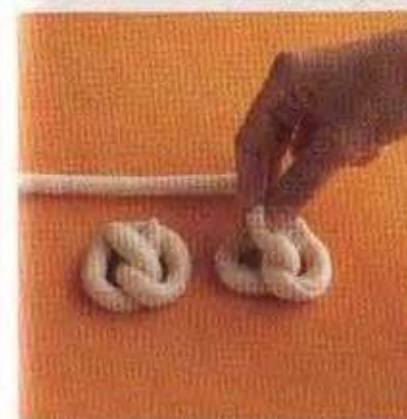
**4** Meanwhile, in small microwavable bowl, mix cheese spread and milk. Microwave uncovered on High 1 minute, stirring after 30 seconds, until melted and hot.

**5** Serve warm pretzels with warm cheese dip.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 55; Total Fat 2g; Sodium 180mg; Dietary Fiber 0g

EXCHANGES: ½ Starch, ½ Fat  
CARBOHYDRATE CHOICES: ½



These pretzels can be shaped *up to 2 hours ahead* of baking. Just cover them and slide into the refrigerator. Uncover and bake them just before you want to serve them so they will be *warm, soft and chewy.*



## Spicy Mexican Quiche Cups

PREP TIME: 30 MINUTES START TO FINISH: 50 MINUTES 22 APPETIZERS

- 1/2 lb bulk hot Italian sausage
- 6 eggs
- 6 tablespoons Old El Paso® Thick 'n Chunky salsa
- 1/2 cup shredded Cheddar cheese (2 oz)
- 1/2 cup shredded mozzarella cheese (2 oz)
- 1/2 cup chopped jalapeño chiles, seeds removed
- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box

**1** Heat oven to 425°F. In 8-inch skillet, cook sausage over medium heat, stirring frequently, until no longer pink; drain. Cool 10 minutes.

**2** In medium bowl, beat eggs thoroughly. Stir in salsa; set aside. In another medium bowl, mix cheeses and chiles. Stir in cooled cooked sausage; set aside.

**3** Remove pie crusts from pouches; unroll crusts on work surface. With rolling pin, roll each crust lightly into 12-inch round. With 3 1/2-inch round cutter, cut 22 rounds from crusts, rerolling scraps as necessary. In 22 ungreased regular-size muffin cups or fluted tartlet pans, press rounds in bottoms and up sides.

**4** Spoon 1 heaping tablespoon cheese mixture into each crust-lined cup. Top each with about 1 tablespoon egg mixture; divide any remaining egg mixture among cups.

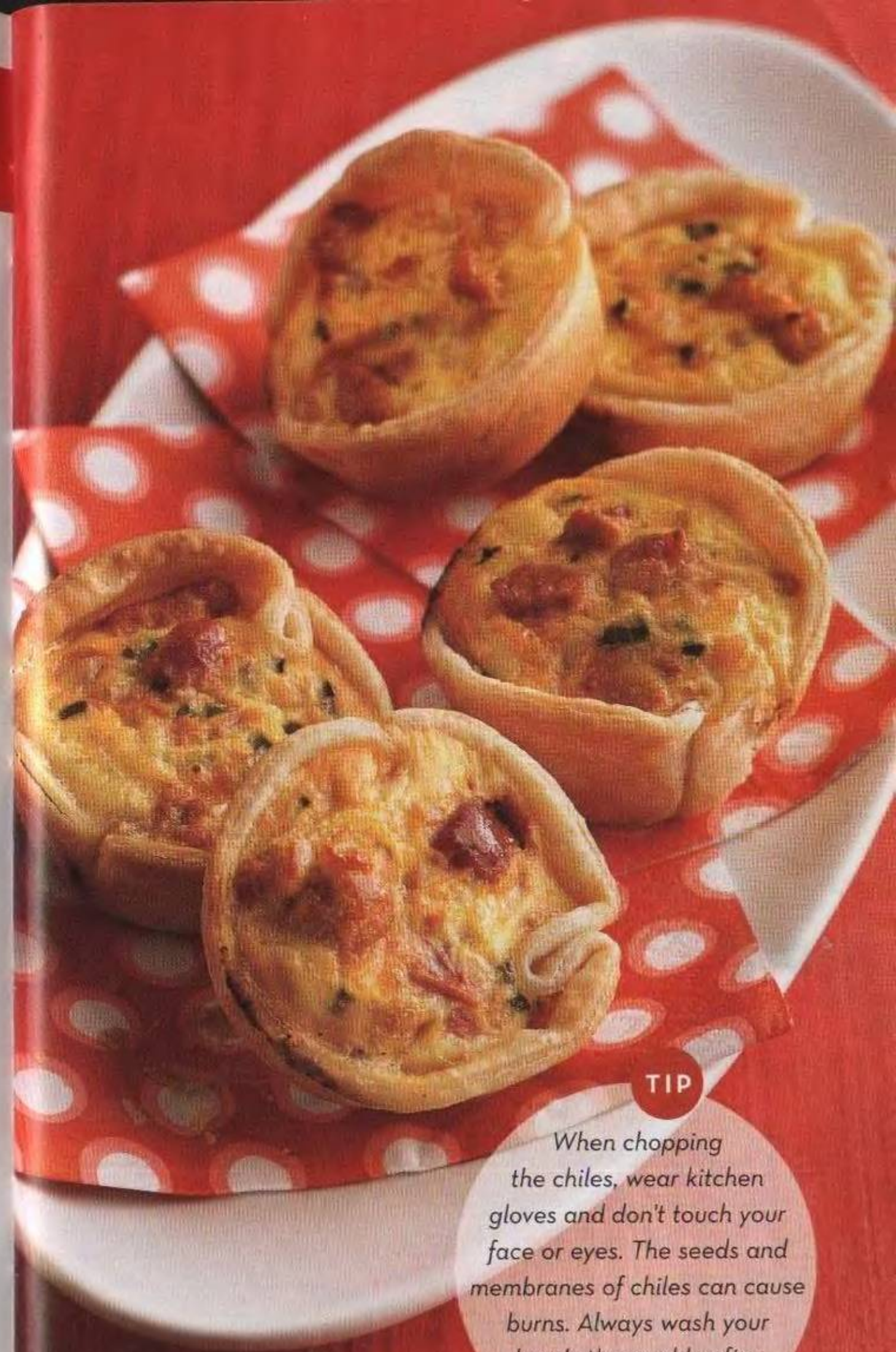
**5** Bake 14 to 18 minutes or until filling is set. Serve warm.

HIGH ALTITUDE (3500-6500 FT): No change.

PER APPETIZER: Calories 150; Total Fat 10g; Sodium 220mg; Dietary Fiber 0g

EXCHANGES: 1/2 Starch, 1/2 High-Fat Meat, 1 Fat  
CARBOHYDRATE CHOICES: 1/2

Make the sausage-cheese filling the *day before*, then cover and refrigerate it. Up to 2 hours in advance, you can press the dough into the muffin cups; cover and refrigerate. Just before baking, make the egg-salsa mixture and fill the pie crust-lined cups with the meat and egg mixtures.



### TIP

When chopping the chiles, wear kitchen gloves and don't touch your face or eyes. The seeds and membranes of chiles can cause burns. Always wash your hands thoroughly after handling chiles.



## Feta Crescent Triangles

PREP TIME: 20 MINUTES START TO FINISH: 35 MINUTES 24 APPETIZERS

### TIP

Can't find tomato-basil feta cheese? Buy regular feta cheese and crumble it with 1/2 teaspoon dried basil leaves.

- 4 oz tomato-basil feta cheese, finely crumbled (1 cup)
- 2 tablespoons finely chopped green onions
- 1 egg, well beaten
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 tablespoon grated Parmesan cheese

**1** Heat oven to 375°F. In small bowl, mix feta cheese, green onions and 3 tablespoons of the beaten egg.

**2** Do not unroll dough; separate long roll into 2 shorter rolls at center perforations. Unroll 1 roll until 1 rectangle can be separated from roll. Refrigerate remaining dough. Press dough into 7½x5-inch rectangle, pressing diagonal perforations to seal. Cut rectangle into 6 (2½-inch) squares.

**3** Top each dough square with slightly rounded measuring teaspoon feta cheese mixture. Fold dough over filling, forming triangle; press edges to seal. On ungreased cookie sheets, place triangles 2 inches apart. Repeat with remaining 3 dough rectangles and feta cheese mixture.

**4** Brush tops with remaining beaten egg. Sprinkle lightly with Parmesan cheese.

**5** Bake 9 to 11 minutes or until golden brown. Serve warm.

HIGH ALTITUDE (3500-6500 FT): No change.

PER APPETIZER: Calories 55; Total Fat 3g; Sodium 170mg; Dietary Fiber 0g

EXCHANGES: 1 Fat  
CARBOHYDRATE CHOICES: 0



These triangles can be shaped *up to 2 hours ahead*; cover with plastic wrap and refrigerate. Just before serving, uncover and bake the triangles as directed.



# Meatball Bubble Biscuits

PREP TIME: 15 MINUTES START TO FINISH: 40 MINUTES 20 SERVINGS

- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits
- 10 frozen cooked Italian-style meatballs (about 5 oz), thawed, each cut in half
- 2 sticks (1 oz each) string cheese, each cut into 10 pieces
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1 cup marinara sauce, heated

**1** Heat oven to 375°F. Separate dough into 10 biscuits. Separate each biscuit into 2 layers. Press each biscuit layer into 3-inch round.

**2** Place 1 meatball half, cut side up, and 1 string cheese piece in center of each dough round. Wrap dough around meatball and cheese, pressing edges to seal. In ungreased 8- or 9-inch round cake pan, place seam side down in single layer.

**3** Sprinkle evenly with Parmesan cheese, Italian seasoning and garlic powder.

**4** Bake 20 to 25 minutes or until golden brown and biscuits are no longer doughy in center. Serve warm biscuits with warm marinara sauce for dipping

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 105; Total Fat 5g; Sodium 330mg; Dietary Fiber 0g

EXCHANGES: 1/2 Starch, 1/2 Other Carbohydrate,

1/2 Medium-Fat Meat, 1/2 Fat

CARBOHYDRATE CHOICES: 1



You can *make your own meatballs* for this recipe. Use about 1/2 pound of lean ground beef to make the meatballs. Cook and cool them before wrapping them in the dough.



## TIP

The size of purchased meatballs varies. We used meatballs that weighed about 1/2 ounce each for this recipe.



GIRLFRIENDS'  
GET-TOGETHER

# Pretty in Pink

BY HEIDI LOSLEBEN



Sitting left to right: Nancy Davis, Julie Wnek, Melanie Bonnell, Sarah Willett, Kari Kahlaw, Lisa Thiel. Standing: Kelly Marose, Kate Suttner.

*These women  
have friendship  
in the bag.*



Lisa Thiel and Nancy Davis.



When Nancy Davis became a stay-at-home mom after 10 years of working in the corporate world, she knew her life would undergo significant changes. What she didn't foresee was how hard it would be to stay in touch with her girlfriends. To remedy the situation, she started a monthly get-together with her closest friends, all of which live near Lake Winnebago in Sherwood, Wisconsin. Her goals were to reconnect with the women she knew and loved, meet new women and celebrate friendship.

*"Last July, the women went to a local purse designer who helped each woman design a one-of-a-kind purse."*

Originally, Nancy referred to the monthly group as a "dinner club," but the group doesn't always confine themselves to an evening meal. "Sometimes we'll meet at each other's homes for hors d'oeuvres and then head out to a restaurant together," says Nancy, "but we've also gone to outdoor concerts and visited a spa after-hours for an evening of private pampering." Last July, the women went to a local purse designer who helped each woman design a one-of-a-kind purse. "We brought appetizers and wine with us to the studio," says Nancy. "The environment was fun, creative and inspirational, as was the designer," she says. "It was really cool to see how everyone's personality came through in her purse."



## GIRLFRIENDS' GET-TOGETHER

To play up these fun-filled girly activities, the group started calling themselves "The Pink Purse Club" and agreed that each member should show up every month with a pink purse. One woman in the group makes her own purses, while others scour department stores, boutiques and art fairs for funky pink purses. The enthusiastic members don't stop there: Pink bracelets, t-shirts and even wigs have all made appearances at the group's outings.



Left to right: Jennifer Schwarz, Lisa Thiel, Kelly Marose, Sarah Willett.

"...the group started calling themselves "The Pink Purse Club" and agreed that each member should show up every month with a pink purse."

When Nancy first started the group in 2002, there were five members. These days, turnout is anywhere between 12 and 15. And, while their activities vary from month to month, the women stay true to their motto: "Although we don't get out much, we still know how to have fun."



## Crescent-Wrapped Brie

PREP TIME: 10 MINUTES START TO FINISH: 50 MINUTES 12 SERVINGS

- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 round (8 oz) natural Brie cheese
- 1 egg, beaten
- 48 water crackers or baguette French bread slices

**1** Heat oven to 350°F. Unroll dough and separate crosswise into 2 sections; press dough into 2 squares, firmly pressing perforations to seal. Place cheese round on center of 1 dough square.

**2** With small cookie cutter, cut 1 shape from each corner of remaining dough square; set cutouts aside. Place dough square on top of cheese round. Press dough evenly around cheese, folding bottom edge over top edges; press to seal completely. Place on ungreased cookie sheet.

**3** Brush dough with egg. Arrange dough cutouts on top; brush with egg.

**4** Bake 20 to 24 minutes or until golden brown. Remove from cookie sheet; place on serving plate. Cool 15 minutes. Serve warm with crackers.



## calling all girlfriends

Pillsbury Classic® Cookbooks is looking for girlfriend groups who get together and would like to share their stories of friendship in our magazine. If your girlfriends are featured, your group will receive a \$100 Premiere Choice Award redeemable at many restaurants and retailers.

(For more information go to <http://www.premierechoiceaward.com/merchlist.asp>.) To be considered, e-mail us at [girlfriends.gettogether@genmills.com](mailto:girlfriends.gettogether@genmills.com).





# 3

## WEEKNIGHT FAVORITES

*Family friendly meals for busy nights*

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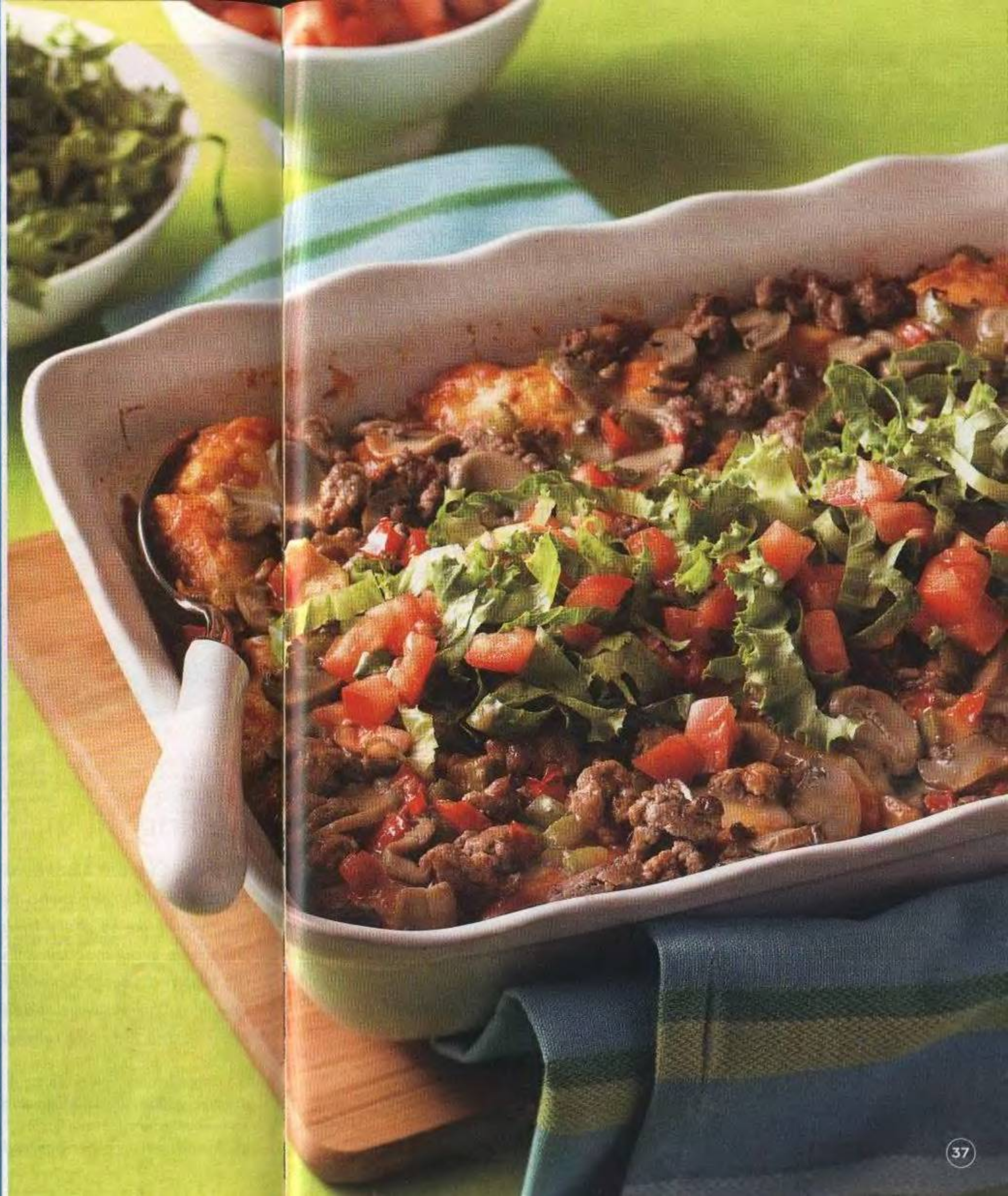
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Onion-Mushroom Soup





# Golden Layers® Biscuit Taco Casserole

PREP TIME: 40 MINUTES START TO FINISH: 40 MINUTES 8 SERVINGS

- 1 jar (16 oz) taco sauce
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits
- 1 cup shredded sharp Cheddar cheese (4 oz)
- 1 cup shredded mozzarella cheese (4 oz)
- 1 can (2¼ oz) sliced ripe olives, drained
- ½ lb lean (at least 80%) ground beef
- ¼ cup chopped red bell pepper, if desired
- ¼ cup chopped green bell pepper, if desired
- 1 can (4 oz) Green Giant® mushroom pieces and stems, drained, if desired

**1** Heat oven to 400°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spread taco sauce evenly in bottom of baking dish.

**2** Separate dough into 10 biscuits. Cut each into quarters. Place biscuit pieces in taco sauce; turn to coat. Sprinkle ½ cup of the Cheddar cheese, ½ cup of the mozzarella cheese and the olives over top; stir gently to mix.

**3** Bake 15 to 18 minutes or until bubbly. Meanwhile, in medium skillet, combine ground beef, bell peppers and mushrooms; cook over medium-high heat until beef is thoroughly cooked, stirring frequently. Drain.

**4** Remove baking dish from oven. Sprinkle remaining ½ cup Cheddar cheese and ½ cup mozzarella cheese over mixture. Top evenly with ground beef mixture.

**5** Return to oven; bake an additional 5 to 7 minutes or until mixture bubbles vigorously around edges.

HIGH ALTITUDE (3500-6500 FT): Bake biscuit pieces mixed with taco sauce and topped with cheese and olives at 400°F for 18 to 21 minutes. Continue as directed above.

PER SERVING: Calories 325; Total Fat 18g; Sodium 1000mg; Dietary Fiber 1g

EXCHANGES: 1½ Starch, 1½ Medium-Fat Meat, 2 Fat CARBOHYDRATE CHOICES: 1½

## TIP

Top this south-of-the border casserole with shredded lettuce, chopped tomato, sour cream and/or chopped avocado.



# Chicken and Roasted Vegetable Foldover Sandwiches

PREP TIME: 30 MINUTES START TO FINISH: 50 MINUTES 5 SANDWICHES

- 1 small or ½ large red bell pepper, cut into 2x½-inch strips
- 1 small onion, cut into ½-inch wedges
- 5 slices portabello mushrooms (from 6-oz package)
- 3 tablespoons olive oil
- 1 package (6 oz) refrigerated grilled chicken breast strips
- 1 can (10.2 oz) Pillsbury® Grands!® refrigerated buttermilk biscuits (5 biscuits)
- 3 tablespoons basil pesto
- 1 cup shredded Italian cheese blend (4 oz)
- 1 cup tomato-basil pasta sauce, heated

**1** Heat oven to 425°F. In ungreased 15x10-inch pan with sides, place bell pepper, onion and mushrooms. Drizzle with oil. Place chicken strips in same pan.

**2** Bake 15 minutes, stirring and turning twice, until vegetables are tender. Remove from oven; set aside. Reduce oven temperature to 375°F.

**3** Separate dough into 5 biscuits. On ungreased large cookie sheet, press each biscuit into 6-inch round. Spread pesto evenly over biscuits. Top each with cheese.

**4** Bake 12 to 16 minutes or until biscuits are golden brown.

**5** Spoon roasted vegetables and chicken evenly onto half of each baked biscuit round; fold biscuit over filling. Serve warm sandwiches with warm pasta sauce for dipping.

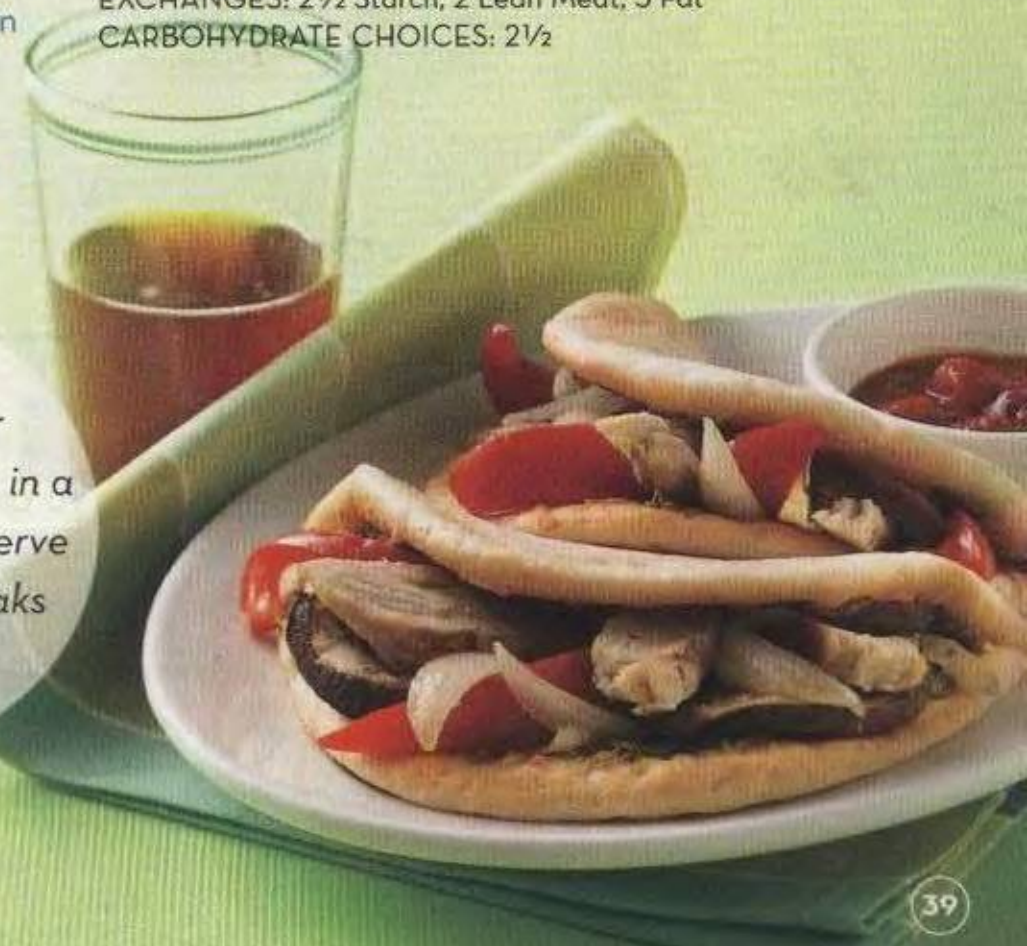
HIGH ALTITUDE (3500-6500 FT): No change.

PER SANDWICH: Calories 525; Total Fat 31g; Sodium 1360mg; Dietary Fiber 2g

EXCHANGES: 2½ Starch, 2 Lean Meat, 5 Fat CARBOHYDRATE CHOICES: 2½

## TIP

Sauté leftover sliced mushrooms in a little olive oil to serve over broiled steaks or meat loaf.





# Cheesy Sausage Calzones

PREP TIME: 30 MINUTES START TO FINISH: 45 MINUTES 5 SERVINGS

- 1/2 lb bulk Italian pork sausage
- 1/3 cup chopped onion
- 1/4 cup chopped red bell pepper
- 1 can (10.2 oz) Pillsbury® Grands!® refrigerated buttermilk biscuits (5 biscuits)
- 1/2 cup shredded mozzarella cheese (2 oz)
- 1 1/2 cups tomato pasta sauce, heated

**1** Heat oven to 375°F. In 8-inch skillet, cook sausage, onion and bell pepper over medium heat 10 minutes, stirring frequently, until sausage is no longer pink; drain. Cool 10 minutes.

**2** Separate dough into 5 biscuits. On ungreased large cookie sheet, press each biscuit into 6-inch round. Top half of each round with sausage mixture and cheese to within 1/2 inch of edge. Fold dough over filling; press edges firmly with fork to seal.

**3** Bake 12 to 15 minutes or until golden brown. Serve warm calzones with warm pasta sauce for dipping.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 360; Total Fat 19g; Sodium 1350mg; Dietary Fiber 1g

EXCHANGES: 1 1/2 Starch, 1/2 Other Carbohydrate,

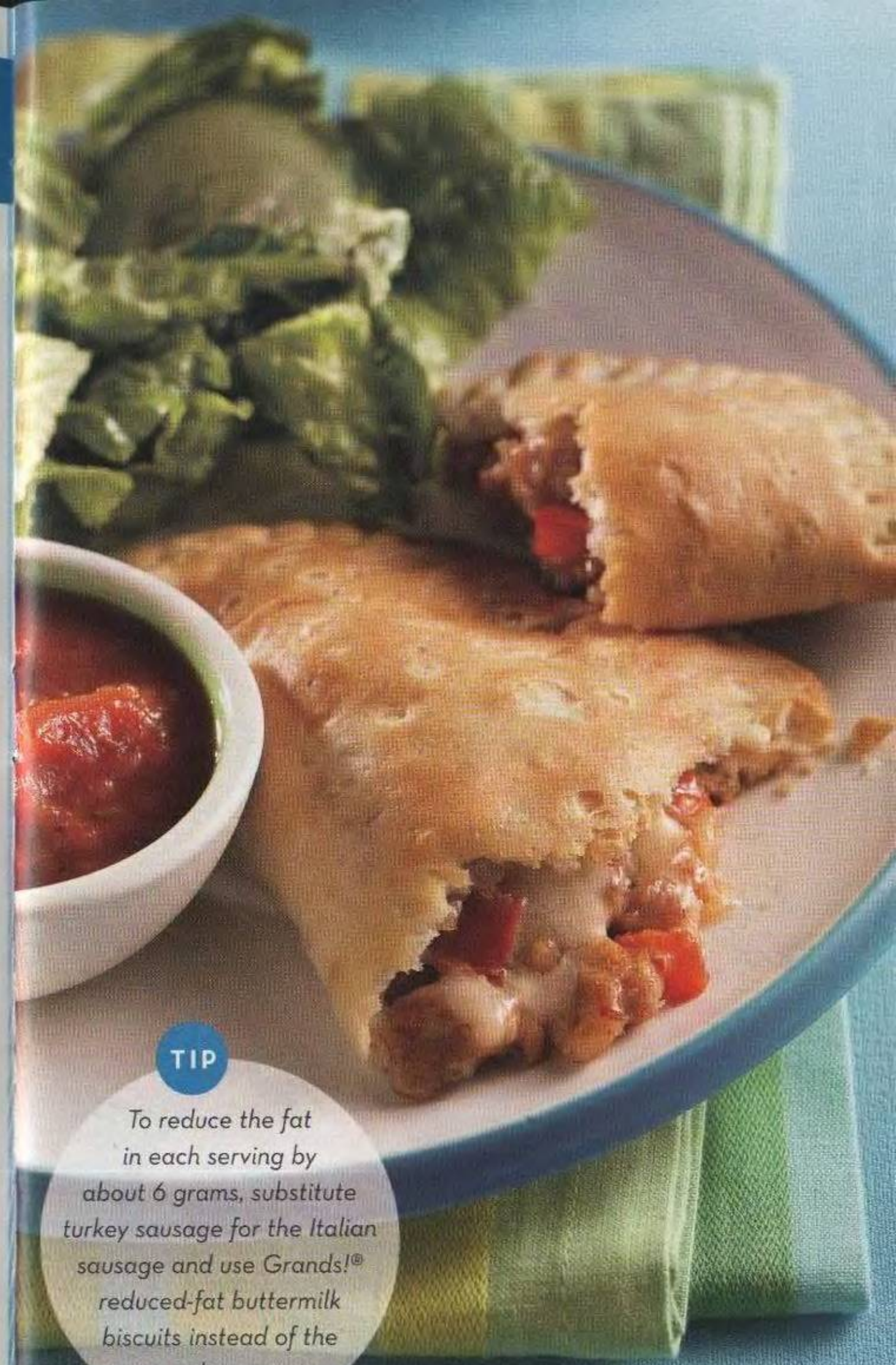
1 1/2 High-Fat Meat, 1 1/2 Fat

CARBOHYDRATE CHOICES: 2



The calzones can be assembled up to 2 hours ahead.

Be sure the sausage filling is *completely cooled* before filling the dough. Cover the calzones and refrigerate until you're ready to bake them.



## TIP

To reduce the fat in each serving by about 6 grams, substitute turkey sausage for the Italian sausage and use Grands!® reduced-fat buttermilk biscuits instead of the regular ones.



# Chicken Salad Panini

PREP TIME: 30 MINUTES START TO FINISH: 30 MINUTES 4 SANDWICHES

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 1 teaspoon olive oil
- 1/2 teaspoon Italian seasoning
- 1 package (6 oz) refrigerated cooked Italian-style chicken breast strips, finely chopped
- 2 tablespoons finely chopped green onions (2 medium)
- 3 tablespoons mayonnaise or salad dressing
- 1 large tomato, thinly sliced
- 4 slices (about 1 oz each) Jarlsberg cheese (from deli)

**1** Heat oven to 400°F. Grease large cookie sheet with shortening or cooking spray. Unroll dough onto cookie sheet. Starting at center, press out dough into 15x10-inch rectangle. Brush oil over dough. Sprinkle evenly with Italian seasoning.

**2** Bake 10 to 13 minutes or until edges are golden brown. Meanwhile, in medium bowl, mix chicken, onions and mayonnaise.

**3** Cut baked crust in half crosswise. Spread chicken mixture on 1 half. Top with tomato and cheese, cutting to fit if necessary. Cover with remaining half of baked crust, seasoning side down. Cut into 4 sandwiches.

**4** Heat 12-inch skillet over medium-low heat. Place 2 sandwiches in skillet; cook about 2 minutes, pressing down with pancake turner, until bottom crust is deep golden brown. Turn sandwiches; cook about 2 minutes, pressing again with turner, until cheese is melted. Repeat with remaining 2 sandwiches.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SANDWICH: Calories 525; Total Fat 23g; Sodium 1010mg; Dietary Fiber 1g

EXCHANGES: 3 Starch, 3 Lean Meat, 2 1/2 Fat  
CARBOHYDRATE CHOICES: 3

## TIP

Because the crust will also be grilled, bake it just until it starts to brown so it won't get too dark when you grill it.

Though a skillet works fine for finishing these sandwiches, *an electric contact grill*—one that has two surfaces and closes—is ideal for the job. The times may differ so watch the panini *closely*.



# Chicken Caesar Sandwich Ring

PREP TIME: 15 MINUTES START TO FINISH: 55 MINUTES 8 SANDWICHES

- 2 cans (11 oz each) Pillsbury® refrigerated French loaf
- 1 egg, beaten
- 1 lb cooked chicken (from deli), cut into 1/8-inch-thick slices
- 4 tablespoons Caesar dressing
- 1/4 cup shredded fresh Parmesan cheese (1 oz)
- 2 cups torn romaine lettuce (about 6 leaves)
- 1 large tomato, sliced

**1** Heat oven to 375°F. Grease large cookie sheet with shortening or cooking spray. Remove dough from both cans. Place dough seam side down and join ends to form large ring; press ends together firmly to seal.

**2** Brush dough ring with beaten egg. With kitchen scissors, cut surface of dough every 2 inches to form V's.

**3** Bake 20 to 25 minutes or until deep golden brown. Cool 15 minutes.

**4** With serrated knife, cut bread ring in half horizontally. Top bottom half of ring with chicken. Drizzle with 2 tablespoons of the dressing. Sprinkle with Parmesan cheese. Top with lettuce, tomato and remaining 2 tablespoons dressing. Cover with top half of ring. Cut into sandwiches.

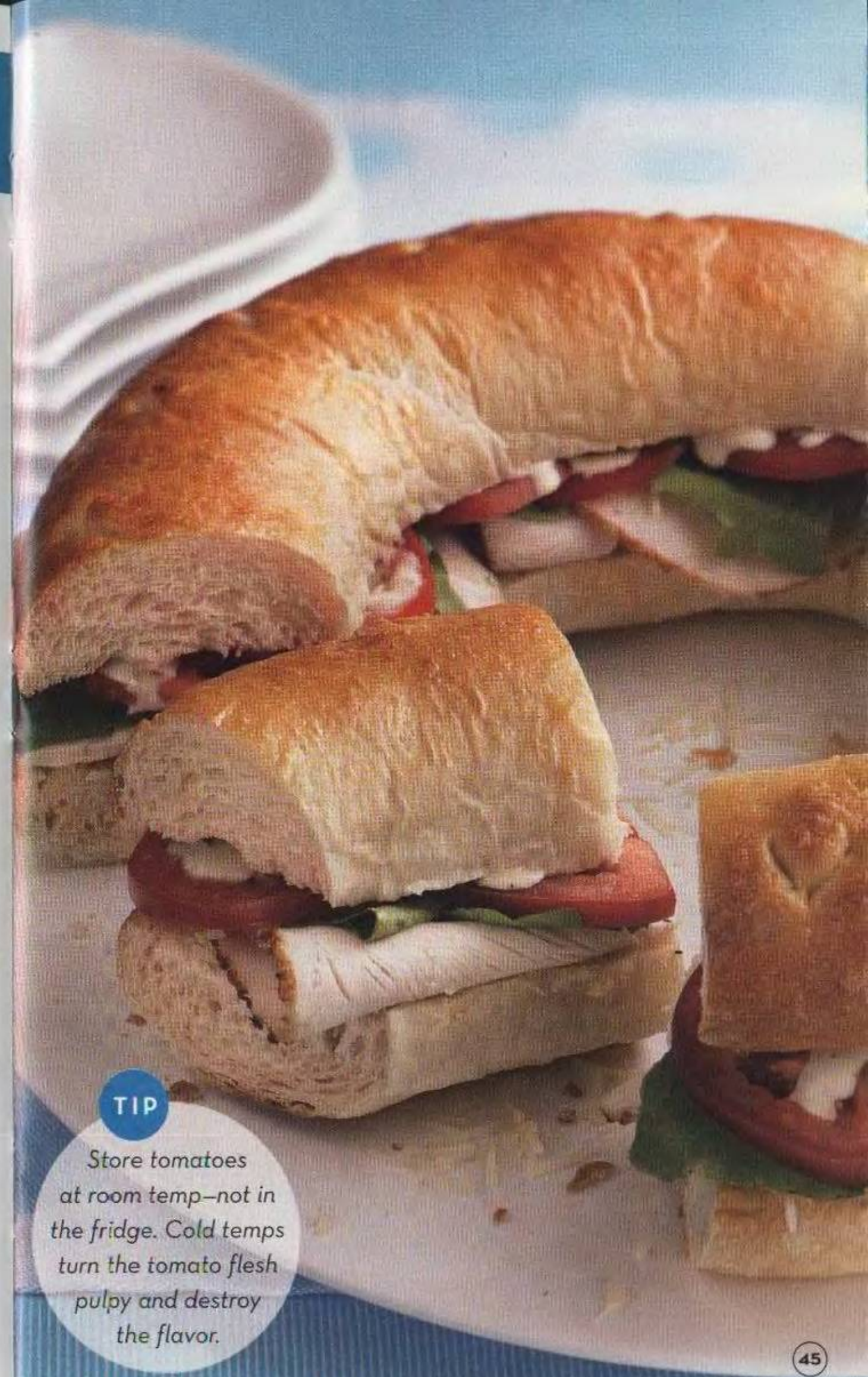
HIGH ALTITUDE (3500-6500 FT): No change.

PER SANDWICH: Calories 325; Total Fat 12g; Sodium 1310mg; Dietary Fiber 1g

EXCHANGES: 2 1/2 Starch, 1 Lean Meat, 1 1/2 Fat  
CARBOHYDRATE CHOICES: 2 1/2



*Mix things up* and try making this sandwich with sliced smoked turkey, ranch dressing and sliced Cheddar cheese.



## TIP

Store tomatoes at room temp—not in the fridge. Cold temps turn the tomato flesh pulpy and destroy the flavor.



## Pastrami and Swiss Melts

PREP TIME: 10 MINUTES START TO FINISH: 30 MINUTES 4 SANDWICHES

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 1 teaspoon grated Parmesan cheese
- ¼ teaspoon onion powder
- ¼ teaspoon caraway seed
- 4 tablespoons Thousand Island dressing
- ½ lb thinly sliced pastrami (from deli), cut into bite-sized strips
- 4 thin slices (about 1 oz each) Swiss cheese
- 1 cup creamy coleslaw (from deli)

**1** Heat oven to 400°F. On ungreased cookie sheet, unroll dough into 14x9-inch rectangle. Sprinkle Parmesan cheese, onion powder and caraway seed over dough; press in lightly.

**2** Bake 12 to 16 minutes or until golden brown.

**3** Cut crust into quarters; separate slightly. Spread each with 1 tablespoon dressing. Top each with pastrami and cheese. Bake 2 to 4 minutes longer or until thoroughly heated and cheese is melted. Top each with coleslaw.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SANDWICH: Calories 590; Total Fat 28g; Sodium 1810mg; Dietary Fiber 2g

EXCHANGES: 3½ Starch, 2½ Medium-Fat Meat, 3 Fat  
CARBOHYDRATE CHOICES: 3½

Tuck a kosher dill pickle next to the sandwich and add fresh baby-cut carrots and wedges of apple, pineapple and orange for a *satisfying supper*.

### TIP

If your family isn't fond of Thousand Island dressing, use mayonnaise or a blend of mustard and mayonnaise instead.



# Skillet Chicken Pot Pie

PREP TIME: 45 MINUTES START TO FINISH: 45 MINUTES 6 SERVINGS

- 1 tablespoon vegetable oil
- 1¼ lb boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon salt
- 1½ teaspoons dried thyme leaves
- ⅛ teaspoon pepper
- 2 cups sliced fresh carrots (4 medium)
- 2 cups frozen southern-style diced hash brown potatoes (from 32-oz bag)
- 1 jar (12 or 15 oz) chicken gravy
- 1 cup Green Giant® frozen sweet peas (from 1-lb bag)
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits
- ½ teaspoon garlic powder

**1** In 12-inch nonstick skillet, heat oil over medium-high heat. Add chicken; sprinkle with salt, ½ teaspoon of the thyme and the pepper. Cook 5 minutes, stirring frequently, until chicken is browned.

**2** Move chicken to 1 side of skillet. Add carrots and potatoes; cook 5 minutes, stirring frequently. Stir gravy into chicken and vegetables. Heat to boiling. Reduce heat to low. Cover; simmer 20 to 25 minutes, stirring occasionally and adding peas during last 5 minutes of cooking time, until chicken is no longer pink in center and vegetables are tender.

**3** During last 15 minutes of cooking, heat oven to 400°F. Separate dough into 10 biscuits. Cut each into quarters; place in large bowl. Sprinkle garlic powder and remaining teaspoon thyme over dough; toss to coat. Place on ungreased cookie sheet.

**4** Bake 8 to 10 minutes or until biscuit pieces are golden brown. Scatter over top of cooked chicken mixture before serving.

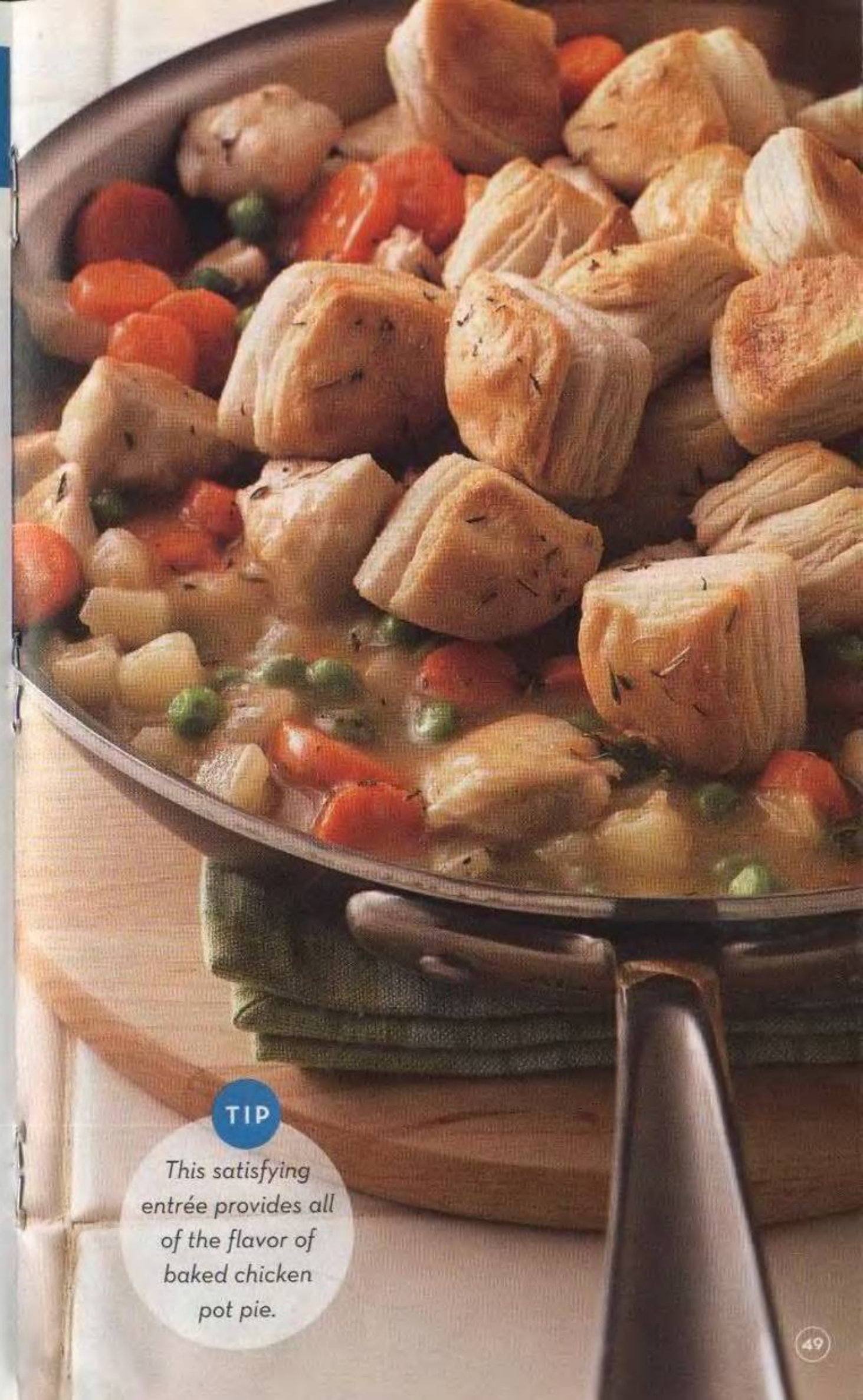
HIGH ALTITUDE (3500-6500 FT): In step 1, cook chicken 8 minutes. When adding gravy to chicken and vegetables, also add ½ cup water. Heat to boiling. Reduce heat to medium-low. Cover; simmer about 20 minutes, adding peas during last 5 minutes of cooking.

PER SERVING: Calories 470; Total Fat 17g; Sodium 1500mg; Dietary Fiber 4g

EXCHANGES: 2 Starch, 1½ Other Carbohydrate, 3 Very Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: 3½

Serve this *tasty pot pie* with a tall glass of milk and canned peaches over ice cream for dessert.



## TIP

This satisfying entrée provides all of the flavor of baked chicken pot pie.



**TIP**

For a small family,  
cut the recipe in half  
and use one can  
of crescent rolls.

## Cheese Steak Crescent Braids

PREP TIME: 35 MINUTES START TO FINISH: 1 HOUR 6 SERVINGS

- 1 tablespoon butter or margarine
- 4 portions thinly sliced frozen sandwich steaks (from 12.25-oz box), cut crosswise into 1/2-inch strips
- 1 large green bell pepper, cut into thin bite-sized strips (1 1/2 cups)
- 1 medium onion, chopped (1/2 cup)
- 2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls
- 1 cup shredded mozzarella cheese (4 oz)
- 1 egg, beaten, if desired

**1** Heat oven to 350°F. In 10-inch skillet, melt butter over medium-high heat. Add steak strips; cook 8 to 10 minutes, stirring frequently, until no longer pink. Remove steak from skillet; place on plate. Add bell pepper and onion to skillet; cook about 5 minutes, stirring occasionally, until crisp-tender. Return cooked steak to skillet; mix well. If desired, add salt and pepper to taste.

**2** Unroll 1 can of dough onto ungreased cookie sheet; firmly press perforations and edges to seal. Press or roll into 13x7-inch rectangle.

**3** Spoon heaping cup of steak mixture in 2-inch-wide strip lengthwise down center of dough to within 1/4 inch of each end. Sprinkle 1/2 cup of the cheese over steak mixture.

**4** Make cuts 1 inch apart on long sides of rectangle just to edge of filling. For braided appearance, fold strips of dough at an angle halfway across filling with ends slightly overlapping, alternating from side to side. Fold ends of braid under to seal. On second ungreased cookie sheet, repeat with remaining can of dough, steak mixture and cheese. Brush braids with beaten egg.

**5** Bake 16 to 22 minutes or until golden brown, switching position of cookie sheets in oven halfway through baking. Cool 1 minute; remove braids from cookie sheets. Let stand 5 minutes before serving. Cut into slices.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 410; Total Fat 23g; Sodium 710mg; Dietary Fiber 1g

EXCHANGES: 1 1/2 Starch, 1/2 Other Carbohydrate, 2 Medium-Fat Meat, 2 1/2 Fat  
CARBOHYDRATE CHOICES: 2



Bell peppers, whether *green, red or yellow*,  
are all rich in vitamin C.



# Cheese-Stuffed Pizza

PREP TIME: 15 MINUTES    START TO FINISH: 35 MINUTES    8 SERVINGS

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 7 sticks (1 oz each) string cheese
- 1/2 cup pizza sauce
- 24 slices pepperoni (from 3.5-oz package)
- 2 cups shredded Italian cheese blend (8 oz)

**1** Heat oven to 425°F. Spray 12-inch pizza pan with cooking spray. Unroll dough; place in sprayed pan. Starting at center, press out dough to edge of pan, pressing up and extending over edge by at least 1 inch. Place string cheese around inside edge of crust. Fold extended edge of dough over cheese; pinch firmly to seal.

**2** Bake 8 to 10 minutes or until crust is set and edges are light golden brown.

**3** Remove partially baked crust from oven. Spoon sauce evenly over crust. Top with pepperoni and Italian cheese blend.

**4** Bake 12 to 16 minutes longer or until crust is deep golden brown and cheese in center is melted. Cut into wedges.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 265; Total Fat 11g; Sodium 1620mg; Dietary Fiber 1g

EXCHANGES: 2 Starch, 2 High-Fat Meat, 1 Fat  
CARBOHYDRATE CHOICES: 2

*Kitchen scissors* work well for cutting warm pizza into serving portions.





# Empanada Grande

PREP TIME: 15 MINUTES START TO FINISH: 15 MINUTES 3 SERVINGS

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 1 egg
- 4 oz smoked chorizo sausage links or kielbasa, casing removed, coarsely chopped (about 1 cup)
- ¾ cup frozen shredded hash brown potatoes (from 30-oz bag), thawed
- ⅓ cup Green Giant® frozen sweet peas (from 1-lb bag)
- 1 small onion, chopped (¼ cup)
- ¼ teaspoon salt

**1** Heat oven to 400°F. Remove pie crust from pouch; unroll crust on ungreased large cookie sheet.

**2** In large bowl, beat egg thoroughly; reserve 1 tablespoon in small bowl. Into large bowl, stir remaining ingredients.

**3** Spoon chorizo mixture evenly onto half of crust to within ½ inch of edge. Brush edge of crust with reserved beaten egg. Fold crust over filling; press edges with fork to seal. Cut several slits in top of crust for steam to escape. Brush top with beaten egg.

**4** Bake 25 to 30 minutes or until golden brown. Cut into wedges.

HIGH ALTITUDE (3500-6500 FT): Thaw frozen peas before use.

PER SERVING: Calories 490; Total Fat 25g; Sodium 670mg; Dietary Fiber 2g

EXCHANGES: 2 Starch, 4 Very Lean Meat, 4½ Fat  
CARBOHYDRATE CHOICES: 2

Turnovers like these originated in Latin America. Family-size turnovers are called *empanada gallega*. Appetizer-size turnovers are *empanaditas*.

## TIP

Thaw potatoes in a flash by placing them on a microwavable plate and microwave uncovered on Medium (50%) for 1 minute.



# RECIPE MAKEOVER

*An updated frittata from the Bake-Off® Contest keeps the original pie's great texture and flavor but trims fat and calories.*

## ORIGINAL INGREDIENTS

- 2 tablespoons margarine or butter
- 4 cups thinly sliced zucchini
- 2 medium onions, chopped
- 2 tablespoons dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon dried oregano leaves
- 2 eggs
- 8 oz shredded Muenster or mozzarella cheese
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 2 teaspoons prepared mustard

Calories 370, Calories From Fat 230, Total Fat 25g, Saturated Fat 10g, Cholesterol 105mg, Sodium 790mg

Fat-free egg product, made from real egg whites, combines with cheese to make a smooth base for herbed vegetables.

*To save about 145 calories and 18 grams of fat per serving:*

- Opt for cooking spray instead of melted margarine
- Use fat-free egg product instead of whole eggs
- Replace 8 ounces regular cheese with 6 ounces fat-free cheese
- Substitute reduced-fat rolls for regular



Light Italian Zucchini Crescent Pie

# Light Italian Zucchini Crescent Pie

PREP TIME: 30 MINUTES START TO FINISH: 1 HOUR 10 MINUTES 6 SERVINGS

- 4 cups thinly sliced zucchini (about 4 medium)
- 2 medium onions, chopped (1 cup)
- 2 tablespoons parsley flakes
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon dried basil leaves
- 1/8 teaspoon dried oregano leaves
- 1/8 teaspoon pepper
- 1/2 cup fat-free egg product
- 1 1/2 cups shredded fat-free mozzarella cheese (6 oz)
- 1 can (8 oz) Pillsbury® refrigerated reduced-fat crescent dinner rolls
- 2 teaspoons yellow mustard

**1** Heat oven to 375°F. Spray 12-inch skillet with cooking spray; heat over medium-high heat until hot. Add zucchini and onions; cook 7 to 9 minutes, stirring frequently, until tender. Stir in parsley flakes, salt, garlic powder, basil, oregano and pepper.

**2** In large bowl, mix egg product and cheese. Stir in cooked vegetable mixture.

**3** Separate dough into 8 triangles. In ungreased 10-inch glass pie plate, press dough triangles in bottom and up side of plate to form crust; firmly press perforations to seal. Spread mustard over bottom of crust. Pour egg mixture evenly into crust-lined plate.

**4** Bake 25 to 30 minutes or until knife inserted near center comes out clean. If necessary, cover edge of crust with strips of foil after first 15 minutes of baking to prevent excessive browning. Let pie stand 10 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): Bake 30 to 35 minutes, covering edge of crust with foil after first 15 minutes of baking.

PER SERVING: Calories 225; Total Fat 7g; Sodium 810mg; Dietary Fiber 1g

EXCHANGES: 1 1/2 Starch, 1 Vegetable, 1 Very Lean Meat, 1 Fat CARBOHYDRATE CHOICES: 2

To make in sprayed 11x7-inch (2-quart) *glass baking dish*, unroll dough into 2 long rectangles; place in bottom of baking dish. Press in bottom and up sides to form crust, firmly pressing perforations and edges to seal.



## 15-MINUTE MEAL

## CHICK-BE-QUICK

Just two ingredients,  
three steps and 15 minutes  
to this satisfying meal.

• Easy Chicken and Dumplings •

• Fresh Fruit Kabobs •

• Lemon Sherbet • Milk •

- 1 can (18.5 oz) Progresso® Carb Monitor™ chicken vegetable soup
- 2 Pillsbury® Oven Baked frozen buttermilk biscuits (from 25-oz bag)

## Easy Chicken and Dumplings

PREP TIME: 5 MINUTES START TO FINISH: 15 MINUTES 2 SERVINGS

**1** In 2-quart saucepan, heat soup just to boiling over medium-high heat.

**2** Meanwhile, on microwavable plate, microwave frozen biscuits on High 15 to 30 seconds or just until biscuits begin to thaw. Cut each biscuit into 6 pieces.

**3** Place biscuit pieces on top of simmering soup. Reduce heat to low. Cover; simmer 6 to 7 minutes or until dumplings are fluffy and no longer doughy in center.

HIGH ALTITUDE (3500-6500 FT): Simmer soup with biscuit pieces, covered, for 8 to 9 minutes.

PER SERVING: Calories 265; Total Fat 11g; Sodium 1620mg; Dietary Fiber 1g

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, ½ Very Lean Meat, 2 Fat

CARBOHYDRATE CHOICES: 2

Chicken and dumplings *traditionally* is a hearty main dish made to serve eight or more. This super-easy recipe provides that homemade flavor *for two*.

## TIP

Pillsbury®  
Oven Baked frozen  
biscuits are great for  
small families because  
you use only the  
number you need.



# Cheesy Crescent-Topped Onion-Mushroom Soup

PREP TIME: 50 MINUTES START TO FINISH: 1 HOUR SOUP AND 2 TOPPERS EACH

- 2 tablespoons butter or margarine
- 1 tablespoon vegetable oil
- 5 medium onions, thinly sliced (about 5 cups)
- 1 teaspoon packed brown sugar
- 2 cups sliced fresh mushrooms
- 2 teaspoons all-purpose flour
- 1 teaspoon salt
- 2 cans (14 oz each) beef broth
- 2 cups water
- 1/2 cup dry sherry or water
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon dried thyme leaves
- 1/2 cup finely shredded Swiss cheese (2 oz)

**1** In 4-quart Dutch oven or large saucepan, heat butter and oil over medium heat until butter is melted. Add onions; cook about 15 minutes, stirring frequently, until onions are tender and light golden brown.

**2** Stir in brown sugar. Cook about 5 minutes, stirring occasionally, until golden brown. Add mushrooms; cook about 5 minutes, stirring occasionally, until tender. Stir in flour and salt. Stir in broth, water and sherry. Heat to boiling. Reduce heat. Cover; simmer 20 minutes.

**3** Meanwhile, heat oven to 375°F. On ungreased cookie sheet, unroll dough into 1 large rectangle; press perforations to seal. Sprinkle Parmesan cheese and thyme evenly over dough. Starting with 1 short side, roll up. Cut roll into 8 slices; place cut sides down on cookie sheet. Press slices to form 3-inch rounds.

**4** Bake 10 to 14 minutes or until golden brown. Remove baked rounds from oven. Sprinkle each with Swiss cheese. Bake 1 to 2 minutes longer or until cheese is melted and begins to brown.

**5** Ladle soup into individual soup bowls. Top each with 1 crescent topper. Serve soup with additional crescent toppers.

HIGH ALTITUDE (3500-6500 FT): Increase water to 2 1/2 cups.

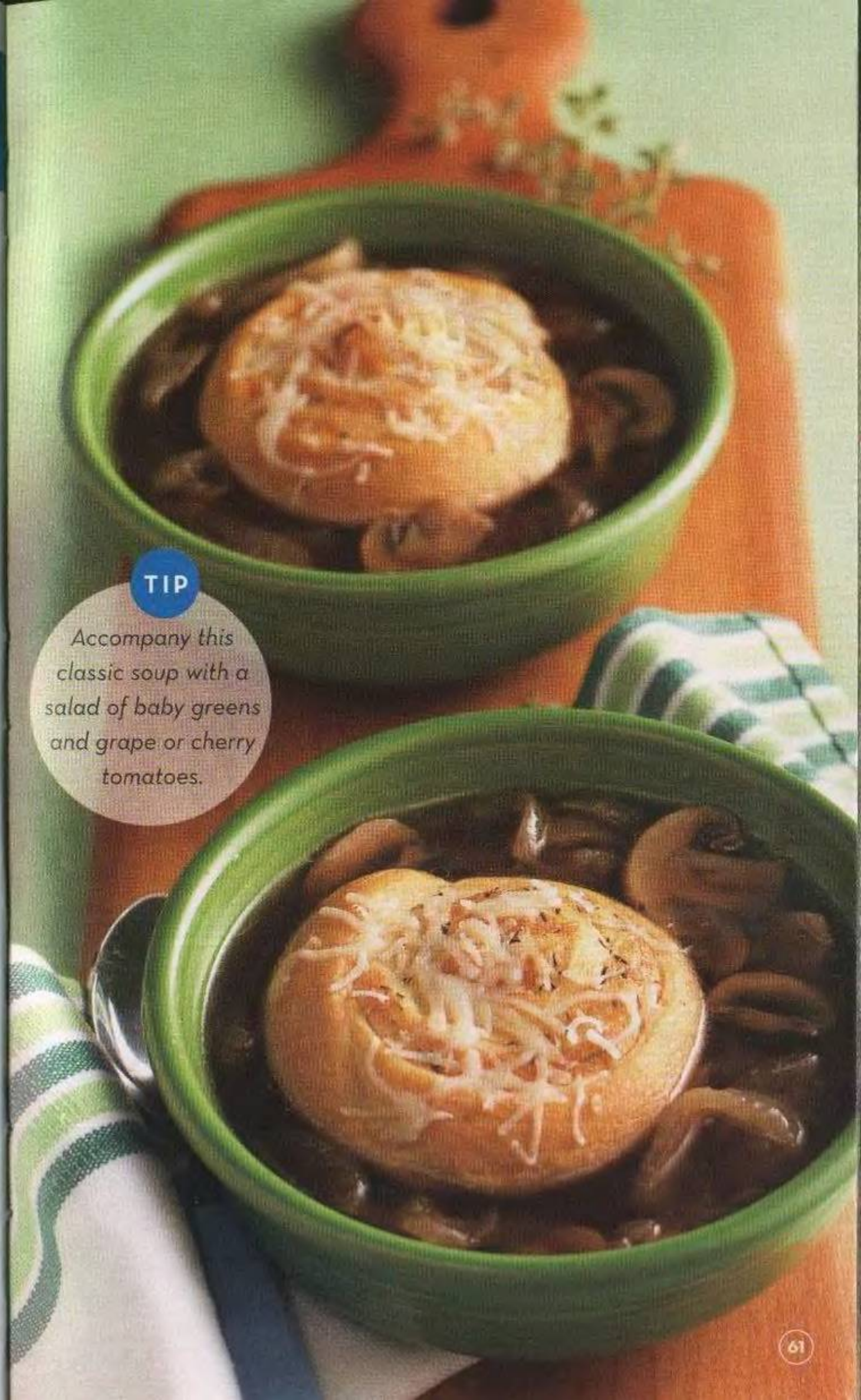
PER SERVING: Calories 475; Total Fat 23g; Sodium 2320mg; Dietary Fiber 3g

EXCHANGES: 3 Starch, 1 Vegetable, 1/2 High-Fat Meat, 3 1/2 Fat  
CARBOHYDRATE CHOICES: 3

*French onion soup* is typically topped with a slice of French bread and lots of Swiss cheese and then broiled. We replaced the French bread with toppers made from refrigerated crescent rolls. They're great for *dunking, too.*

## TIP

Accompany this classic soup with a salad of baby greens and grape or cherry tomatoes.





# Let's Get Together

*Good friends and conversation are the perfect accompaniments to this casual dinner*

## MENU FOR 6

- Crusty Bread Boat with Crab and Artichoke Spread p. 65 ►
- Chicken and Vegetables with Flaky Pastry p. 66
- Baby Greens with Raspberry Vinaigrette
- Chocolate Chip Peanut Butter Torte p. 69
- White or Red Wine
- Coffee or Tea





## MENU COUNTDOWN

Keep your cool by planning ahead. Here's how to get organized:

### PARTY PLANNER

#### One Week Before

- Head to the grocery store and stock up on any nonperishable items and paper goods you need.

#### Two Days Before

- Pick up fresh produce and meat from the grocery store.
- Make the Chocolate Chip Peanut Butter Torte.

#### One Day Before

- Make the chicken/vegetable mixture for the Chicken and Vegetables with Flaky Pastry through Step 2.
- Set the table the night before with napkins, eating and serving utensils, glasses, an ice bucket, tongs and serving dishes.

#### The Day of the Party

- Bake the Crusty French Loaf for the Bread Boat in the morning. Combine all the ingredients for the Crab and Artichoke Spread except the cream cheese and parsley and refrigerate it.
- Wash and dry the greens for the salad but wait to toss with the dressing until serving.
- About an hour before guests arrive, take the cream cheese for the Crab and Artichoke Spread out of the fridge and allow it to soften.
- Just before the party, finish making the Crab and Artichoke Spread and the Bread Boat.
- About 20 minutes before you want to serve the Chicken and Vegetables, gently warm the chicken/vegetable mixture in the microwave or over very low heat. Preheat the oven and bake the pastry triangles.

EASY

## Crusty Bread Boat with Crab and Artichoke Spread

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 20 MINUTES 6 SERVINGS

- 1 can (11 oz) Pillsbury® refrigerated crusty French loaf
- 1 package (3 oz) cream cheese, softened
- 2 tablespoons mayonnaise or salad dressing
- 1 tablespoon white wine Worcestershire sauce
- ¼ teaspoon crushed red pepper flakes
- 1 small garlic clove, finely chopped
- 1 cup shredded Asiago cheese (4 oz)
- 1 can (14 oz) artichoke hearts, drained, chopped
- 1 can (6 oz) crabmeat, well drained
- 1 jar (2 oz) diced pimientos, drained
- 1 tablespoon chopped fresh parsley

**1** Heat oven to 350°F. Bake French loaf as directed on can. Cool 30 minutes.

**2** In medium microwavable bowl, mix remaining ingredients except parsley. Set aside.

**3** Cut 1 inch from top of cooled loaf. Cut top into 1-inch pieces; place in serving basket. With sharp knife, cut around inside of loaf, leaving ½-inch-thick sides. Remove bread, leaving inside of loaf hollow. Cut removed bread into 1-inch pieces; place in serving basket.

**4** Microwave cream cheese mixture on Medium 3 to 4 minutes, stirring twice, until hot. Spoon hot mixture into hollowed out loaf. Sprinkle with parsley. Serve spread with bread pieces and/or crackers.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (EXCLUDING HOLLOWED LOAF): Calories 350; Total Fat 16g; Sodium 990mg; Dietary Fiber 4g

EXCHANGES: 2 Starch, 2 Lean Meat, 2 Fat  
CARBOHYDRATE CHOICES: 2

White wine Worcestershire sauce is *milder* in flavor and *lighter in color* than regular Worcestershire sauce. In a pinch, the regular variety will work in this recipe.

#### TIP

Instead of Asiago cheese, try Parmesan instead.





## Chicken and Vegetables with Flaky Pastry

PREP TIME: 35 MINUTES START TO FINISH: 45 MINUTES 6 SERVINGS

- 3 teaspoons olive oil
- 2 cups sliced baby portabella mushrooms (about 6 oz)
- 1 tablespoon butter or margarine
- 2 lb boneless skinless chicken breasts, quartered
- 1 cup ready-to-eat baby-cut carrots, quartered lengthwise
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup frozen small whole onions (from 1-lb bag)
- ½ cup white wine
- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 1 teaspoon grated Parmesan cheese
- ½ teaspoon dried thyme leaves
- 3 tablespoons all-purpose flour
- 2 tablespoons water
- ½ cup whipping cream
- ½ cup Green Giant® frozen sweet peas (from 1-lb bag)

**1** In 12-inch skillet, heat 2 teaspoons of the oil over medium-high heat until hot. Add mushrooms; cook 2 to 3 minutes, stirring frequently, until tender. Remove mushrooms from skillet; place in bowl. Set aside.

**2** In same skillet, melt butter and remaining 1 teaspoon oil over medium-high heat. Add chicken and carrots; sprinkle with salt and pepper. Cook 5 to 7 minutes, stirring occasionally, until browned. Stir in onions and wine. Heat to boiling. Reduce heat to medium-low. Cover; cook about 20 minutes or until chicken is no longer pink in center.

**3** Meanwhile, heat oven to 450°F. Remove pie crust from pouch; unroll crust onto ungreased cookie sheet. Sprinkle evenly with cheese and thyme; roll in lightly with rolling pin. Prick crust generously with fork. With pastry wheel or sharp knife, cut into 12 wedges; separate slightly. Bake 7 to 10 minutes or until light golden brown.

**4** In small bowl, mix flour and water until smooth. Add to juices in skillet; cook over medium heat, stirring constantly, until bubbly and thickened. Stir in whipping cream, peas and cooked mushrooms. Cook 3 to 4 minutes, stirring frequently, until thoroughly heated. Serve chicken and vegetables with pastry wedges.

HIGH ALTITUDE (3500-6500 FT): Add ¼ cup water with the wine. Thaw peas before using.

PER SERVING: Calories 515; Total Fat 28g; Sodium 660mg; Dietary Fiber 1g

EXCHANGES: 2 Starch, 4 Lean Meat, 3 Fat  
CARBOHYDRATE CHOICES: 2

If you prefer not to cook with wine, use *chicken broth* instead.

## LET'S GET TOGETHER



### TIP

Feel free to use your favorite kind of mushrooms in this recipe.



## LET'S GET TOGETHER

### TIP

Using miniature chocolate chips makes it easier to distribute the chips evenly, and makes the dessert easier to cut.



## Chocolate Chip Peanut Butter Torte

PREP TIME: 30 MINUTES START TO FINISH: 4 HOURS 30 MINUTES 12 SERVINGS

- 1 roll (16.5 oz) Pillsbury® Create 'n Bake™ refrigerated chocolate chip cookies
- 1 package (8 oz) cream cheese, softened
- 1/4 cup sugar
- 1 egg
- 1 cup miniature semi-sweet chocolate chips
- 1 cup chopped honey-roasted peanuts
- 1 cup butterscotch chips
- 1/4 cup peanut butter
- 1/4 cup chocolate-flavored syrup

**1** Heat oven to 350°F. Break up cookie dough into ungreased 10- or 9-inch springform pan. Press in bottom to form crust. Bake 15 to 18 minutes or until light golden brown. Cool 10 minutes.

**2** Meanwhile, in medium bowl, beat cream cheese with electric mixer on medium speed until light and fluffy. Add sugar and egg; beat until well blended. Stir in 1/2 cup of the chocolate chips and 1/2 cup of the peanuts. Pour over cooled crust; spread evenly.

**3** In medium microwavable bowl, microwave butterscotch chips on High 1 minute, stirring twice, until melted and smooth. Stir in peanut butter until smooth. Drizzle over cream cheese mixture. Sprinkle with remaining chocolate chips and peanuts.

**4** Bake 30 to 40 minutes longer or until edges are set but center is still slightly jiggly. Cool on cooling rack 10 minutes. Run knife around side of pan to loosen; carefully remove side of pan. Cool 1 hour. Refrigerate about 2 hours or until completely cooled.

**5** To serve, cut torte into wedges. Drizzle 1 teaspoon chocolate syrup onto each dessert plate. Place wedges over syrup. Store in refrigerator.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 540; Total Fat 31g; Sodium 270mg; Dietary Fiber 2g

EXCHANGES: 1/2 Starch, 3 Other Carbohydrate, 1 High-Fat Meat, 4 1/2 Fat  
CARBOHYDRATE CHOICES: 4

Use a *dessert spoon* to drizzle the chocolate syrup across the individual plates. If you drizzle sauces frequently, you may want to purchase plastic squeeze bottles (the kind used for ketchup) to fill with sauces for point-and-squeeze decorating.



# 4

## SWEET TREATS

*Delicious desserts, from tarts and turnovers to biscuits and bars*

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74 Peppermint-Fudge Pie

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82 Cherry-Berry Cobbler

85 Crescent Layer Bars

86 Giant Peanut Butter Zebra Cookies





## Strawberry-Kiwi Tart

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 50 MINUTES 8 SERVINGS

### CRUST

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box

### FILLING

- 1½ cups vanilla low-fat yogurt
- 1 container (8 oz) reduced-fat sour cream
- 1 box (4-serving size) vanilla instant pudding and pie filling mix
- 2 tablespoons orange marmalade

### TOPPING

- 1 cup halved fresh strawberries
- 2 kiwifruit, peeled, thinly sliced
- 2 tablespoons orange marmalade

**1** Heat oven to 450°F. Make pie crust as directed on box for One-Crust Baked Shell using 9-inch tart pan with removable bottom or 9-inch glass pie plate. Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes.

**2** In medium bowl, mix all filling ingredients with wire whisk until well blended. Pour into cooled baked shell. Arrange strawberries and kiwifruit on filling.

**3** In small microwavable bowl, microwave marmalade on High 5 to 10 seconds or until melted. Brush over fruit. Refrigerate 1 hour or until set before serving. Store in refrigerator.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 300; Total Fat 10g; Sodium 340mg; Dietary Fiber 1g

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 2 Fat  
CARBOHYDRATE CHOICES: 3



Sometimes, pie crust *bubbles up* when it's baked. If bubbles form, press them down gently with the back of a *wooden spoon*. Continue baking until the crust is done.

## Chocolate-Hazelnut-Pear Turnovers

PREP TIME: 20 MINUTES START TO FINISH: 35 MINUTES 8 TURNOVERS

- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- ¼ cup hazelnut spread with cocoa (from 13-oz jar)
- 2 tablespoons chopped hazelnuts (filberts)
- ½ ripe medium pear, peeled, chopped
- 1 teaspoon powdered sugar

**1** Heat oven to 375°F. Do not unroll dough; separate long roll into 2 shorter rolls at center perforations. Refrigerate 1 roll. Unroll other roll, separating into 2 rectangles. Press each to form 8x4-inch rectangle, pressing perforations to seal. Cut each rectangle into two 4-inch squares.

**2** Spoon about ½ tablespoon hazelnut spread onto center of each square; spread to within ½ inch of edges. In small bowl, gently mix hazelnuts and chopped pear. Spoon ⅛ of pear mixture over hazelnut spread on each square. Fold corners over filling, forming triangles; press edges with fork to seal. Place on ungreased cookie sheet. Prick tops of each with fork. Repeat with remaining roll of dough, hazelnut spread and pear mixture.

**3** Bake 12 to 15 minutes or until golden brown. Sprinkle powdered sugar over warm turnovers. Serve warm or cool completely before serving.

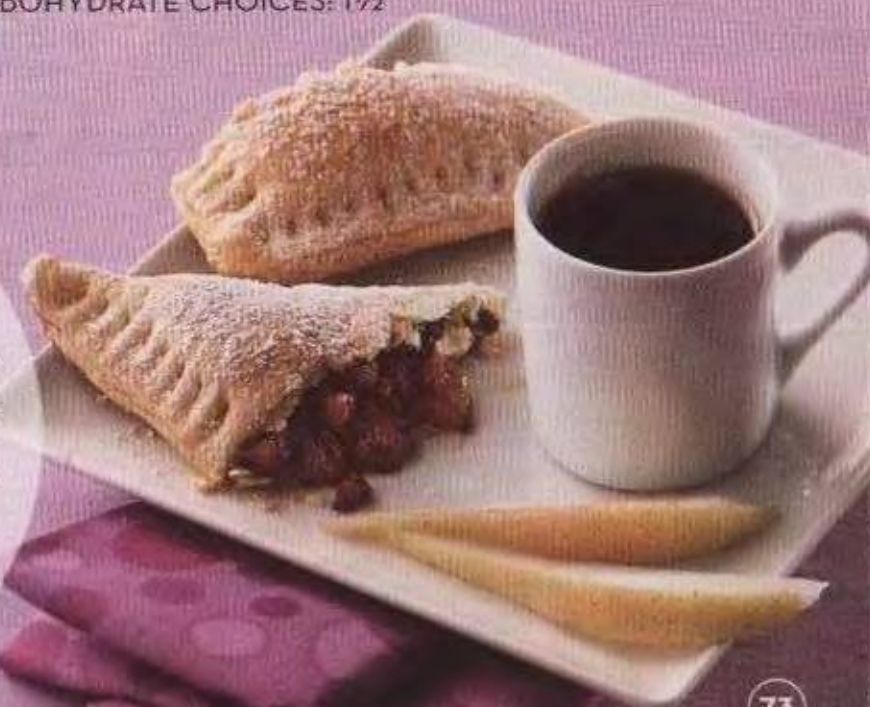
HIGH ALTITUDE (3500-6500 FT): No change.

PER TURNOVER: Calories 170; Total Fat 8g; Sodium 350mg; Dietary Fiber 1g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Fat  
CARBOHYDRATE CHOICES: 1½

### TIP

Hazelnut spread with cocoa originated in Europe. Rich and sweet, it's used in much the same way we use peanut butter. Look for it by the peanut butter at your grocery store.





## Peppermint-Fudge Pie

PREP TIME: 25 MINUTES START TO FINISH: 2 HOURS 10 MINUTES 8 SERVINGS

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 2 cups milk
- 1 box (4-serving size) chocolate pudding and pie filling mix (not instant)
- 1/2 cup semisweet chocolate chips
- 1 package (8 oz) cream cheese, softened
- 1/2 cup powdered sugar
- 1 teaspoon peppermint extract
- 2 drops red or green food color
- 2 cups frozen (thawed) whipped topping
- Shaved chocolate, if desired

**1** Heat oven to 450°F. Make pie crust as directed on box for One-Crust Baked Shell using 9-inch glass pie plate. Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes.

**2** Meanwhile, in 2-quart saucepan, heat milk and pudding mix to a full boil over medium heat, stirring constantly. Remove from heat. Stir in chocolate chips until melted. Place plastic wrap directly over surface of pudding. Refrigerate 45 minutes or just until cooled.

**3** In small bowl, beat cream cheese, powdered sugar, peppermint extract and food color with electric mixer on medium speed until smooth. On low speed, gradually beat in 1 cup of the whipped topping until combined. Spread in cooled baked shell.

**4** Stir cooled pudding mixture; spread over cream cheese layer. Carefully spread remaining 1 cup whipped topping over pudding layer. Garnish with chocolate shavings. Refrigerate 1 hour or until chilled before serving. Store in refrigerator.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 430; Total Fat 25g; Sodium 280mg; Dietary Fiber 1g

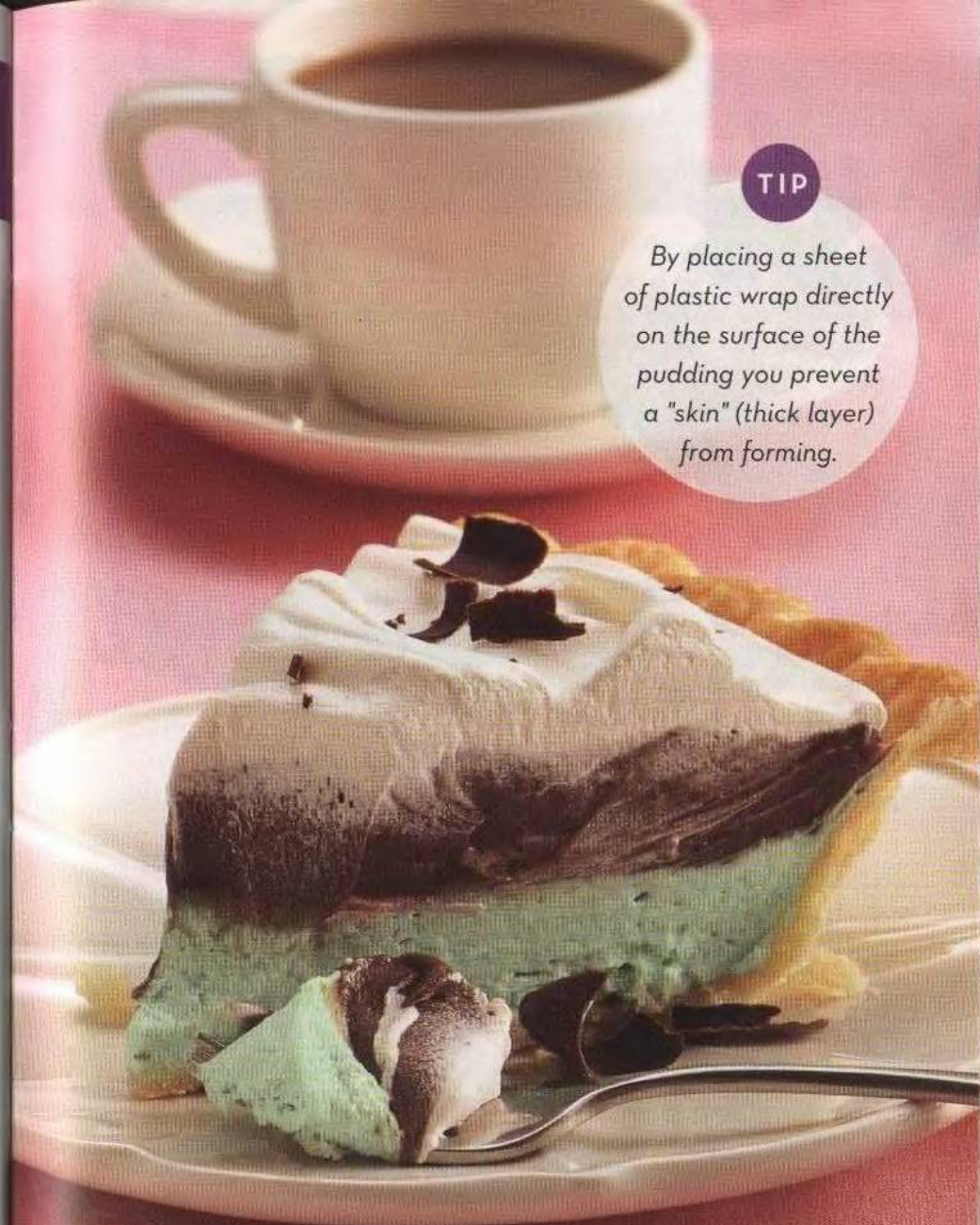
EXCHANGES: 2 Starch, 1 Other Carbohydrate, 5 Fat  
CARBOHYDRATE CHOICES: 3



Use *green food color* for the peppermint layer for a St. Patrick's Day dessert. Decorate with small candy shamrocks.

### TIP

By placing a sheet of plastic wrap directly on the surface of the pudding you prevent a "skin" (thick layer) from forming.





# Tropical Pineapple-Cream Cheese Tart

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 50 MINUTES 10 SERVINGS

## CRUST

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 1 teaspoon sugar

## FILLING

- 1 package (8 oz) cream cheese, softened
- ¼ cup sugar
- 1 teaspoon coconut extract
- 1 egg

## TOPPING

- 1 can (20 oz) crushed pineapple in syrup, well drained, ¼ cup liquid reserved
- 2 teaspoons cornstarch

**1** Heat oven to 450°F. Remove pie crust from pouch; unroll crust on work surface. Sprinkle with 1 teaspoon sugar; roll in lightly with rolling pin. Press crust, sugar side up, in bottom and up side of 10- or 9-inch tart pan with removable bottom. Trim edges if necessary.

**2** Bake 7 to 9 minutes or until light golden brown. Cool partially baked shell while preparing filling. Reduce oven temperature to 400°F.

**3** In small bowl, beat cream cheese with electric mixer on medium speed until light and fluffy. Add ¼ cup sugar, the coconut extract and egg; beat until well blended. Pour into partially baked shell. Carefully spoon pineapple over cream cheese mixture. (Pineapple will not completely cover cream cheese.)

**4** Bake at 400°F for 20 to 25 minutes or until filling is puffed around edges and set.

**5** Meanwhile, in 1-quart saucepan, mix reserved ¼ cup pineapple liquid and the cornstarch until smooth. Cook over medium heat, stirring frequently, until glaze boils and thickens.

**6** Spoon pineapple glaze over pineapple. Cool completely, about 1 hour, before serving. Store in refrigerator.

HIGH ALTITUDE (3500-6500 FT): For pineapple topping, reserve ⅓ cup pineapple liquid. After adding cream cheese filling and pineapple to partially baked shell, bake at 400°F for 25 to 30 minutes.

PER SERVING: Calories 260; Total Fat 14g; Sodium 160mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 3 Fat  
CARBOHYDRATE CHOICES: 2

## TIP

Many people like the flavor of coconut but not its texture. We've used coconut extract to add the flavor without the texture.



# Caramel Apple Biscuits

PREP TIME: 25 MINUTES    START TO FINISH: 50 MINUTES    3 SERVINGS

- 4 teaspoons butter or margarine, softened
- 1/3 cup packed brown sugar
- 3 (1/2-inch-thick) apple rings (from 1 large apple), peeled, cored
- 1 tablespoon sweetened dried cranberries
- 2 tablespoons granulated sugar
- 1 tablespoon frozen apple juice concentrate, thawed
- 3 Pillsbury® Oven Baked frozen Southern style biscuits (from 25-oz package)
- Ice cream, if desired

**1** Heat oven to 375°F. Grease bottoms and sides of three 10-oz custard cups or individual foil tart pans with 1 teaspoon of the butter. Spread 1 teaspoon remaining butter in bottom of each cup. Sprinkle brown sugar evenly over butter in cups. Place apple ring in each cup. Fill centers with cranberries. Place cups on cookie sheet with sides.

**2** Bake 8 to 10 minutes or until brown sugar bubbles. Meanwhile, place granulated sugar and apple juice concentrate in separate small bowls.

**3** Remove cookie sheet from oven. Dip all sides of each frozen biscuit in juice concentrate; roll in sugar to coat. Place biscuit on top of each apple ring. Sprinkle any remaining sugar over biscuits.

**4** Bake 20 to 25 minutes longer or until biscuits are golden brown. Serve in custard cups with ice cream, or turn upside down into dessert bowls.

HIGH ALTITUDE (3500-6500 FT): After placing biscuits on top of apple rings and sprinkling with any remaining sugar, bake 25 to 30 minutes longer.

PER SERVING: Calories 400; Total Fat 14g; Sodium 630mg; Dietary Fiber 1g

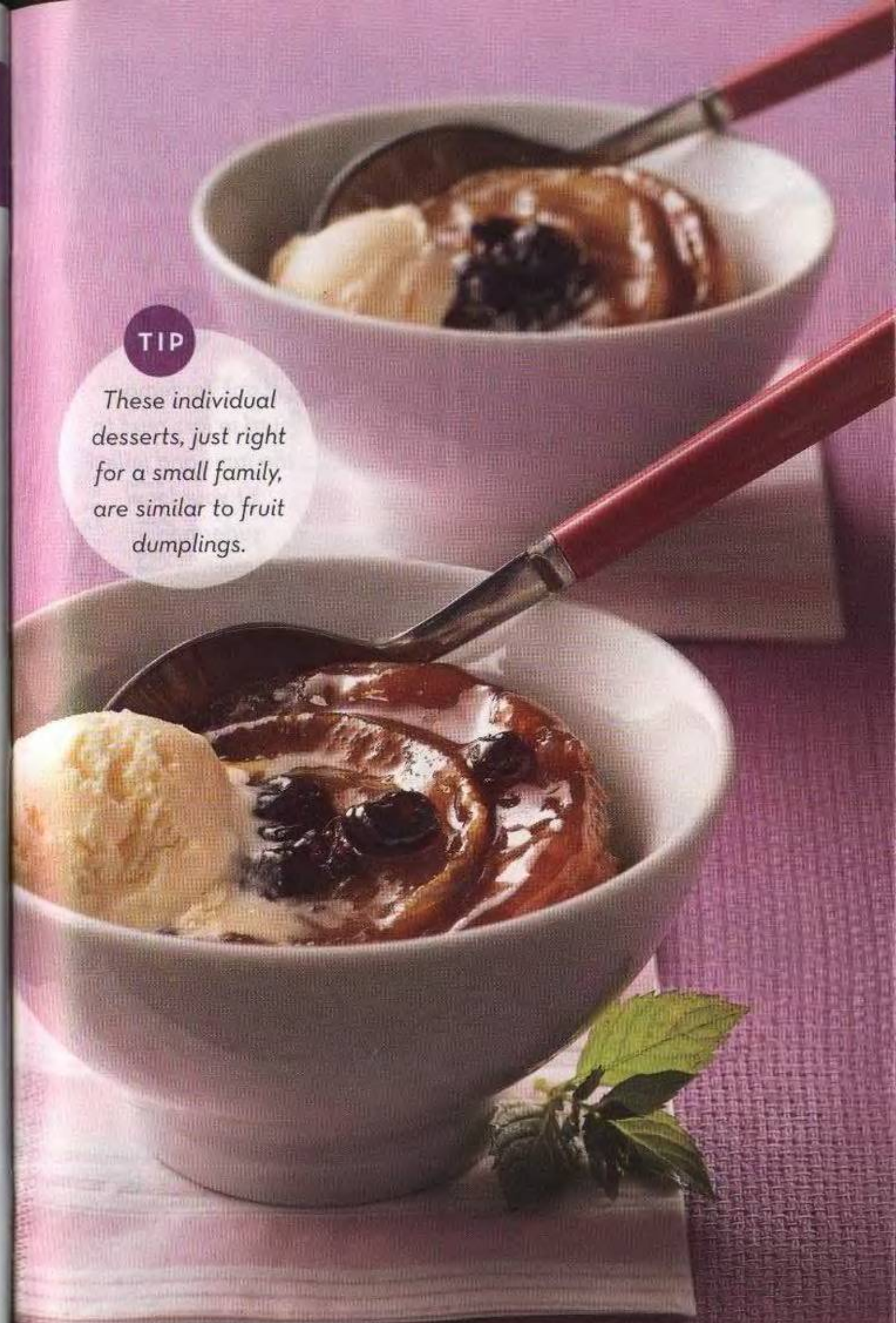
EXCHANGES: 1 Starch, 3 Other Carbohydrate, 3 Fat  
CARBOHYDRATE CHOICES: 4



*Other flavors* of Pillsbury® Oven Baked frozen biscuits, such as buttermilk or Butter Tastin'®, also work for this recipe.

## TIP

*These individual desserts, just right for a small family, are similar to fruit dumplings.*





## Coconut-Lemon Cream Tartlets

PREP TIME: 1 HOUR    START TO FINISH: 1 HOUR    8 TARTLETS

### TIP

Look for lemon curd in jars next to the jams and jellies at your local supermarket.

- 2/3 cup flaked coconut
- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box
- 8 (4 1/2 x 1 1/4-inch) individual foil tart pans
- 2 teaspoons sugar
- 1 1/2 cups whipping cream
- 1 jar (10 oz) lemon curd (1 cup)
- 1/2 cup fresh raspberries, if desired

**1** Heat oven to 350°F. On ungreased cookie sheet, spread coconut evenly. Bake 5 to 7 minutes, stirring occasionally, until light golden brown. Increase oven temperature to 450°F.

**2** Remove pie crusts from pouches; unroll crusts on work surface. With rolling pin, roll each crust lightly to form 12-inch round. Using upside-down foil tart pan as guide, cut four 5-inch rounds from each crust.

**3** Reserve 2 tablespoons toasted coconut for topping. Sprinkle each crust round with about 1 tablespoon of the remaining coconut and 1/4 teaspoon sugar; roll in lightly with rolling pin. Press each round, coconut side up, in bottom and up side of tart pan. Prick bottoms and sides with fork. Place pans on large cookie sheet.

**4** Bake at 450°F for 7 to 9 minutes or until edges are light golden brown. Cool completely, about 15 minutes.

**5** In large bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Place 2 cups of the whipped cream in medium bowl; fold in lemon curd until well combined. Spoon into cooled baked tart shells. Top each with dollop of remaining whipped cream. Garnish with fresh raspberries and reserved coconut. To serve, gently slide tarts out of pans; place on individual dessert plates. Store in refrigerator.

HIGH ALTITUDE (3500-6500 FT): No change.

PER TARTLET: Calories 450; Total Fat 31g; Sodium 310mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, 1 1/2 Other Carbohydrate, 6 Fat  
CARBOHYDRATE CHOICES: 2 1/2

Before making whipped cream, *chill* the beaters and bowl in the freezer for about 15 minutes.



# Cherry-Berry Cobbler

PREP TIME: 1 HOUR START TO FINISH: 1 HOUR 9 SERVINGS

- 1 bag (10 to 12 oz) frozen pitted sweet cherries
- 1 bag (10 to 12 oz) frozen mixed berries
- $\frac{3}{4}$  cup sugar
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 egg white
- 2 teaspoons ground cinnamon
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits
- $\frac{1}{4}$  cup sliced almonds
- Whipped cream, if desired

**1** Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 3-quart saucepan, mix cherries, mixed berries,  $\frac{1}{2}$  cup of the sugar, the cornstarch and water. Cook over medium-high heat, stirring frequently, until mixture boils and thickens. Pour into baking dish.

**2** In medium bowl, beat egg white with wire whisk until frothy. In another medium bowl, mix remaining  $\frac{1}{4}$  cup sugar and the cinnamon.

**3** Separate dough into 10 biscuits. Cut each into quarters. Dip dough pieces in egg white, then toss in sugar mixture to coat. Arrange on hot fruit mixture. Sprinkle almonds over top.

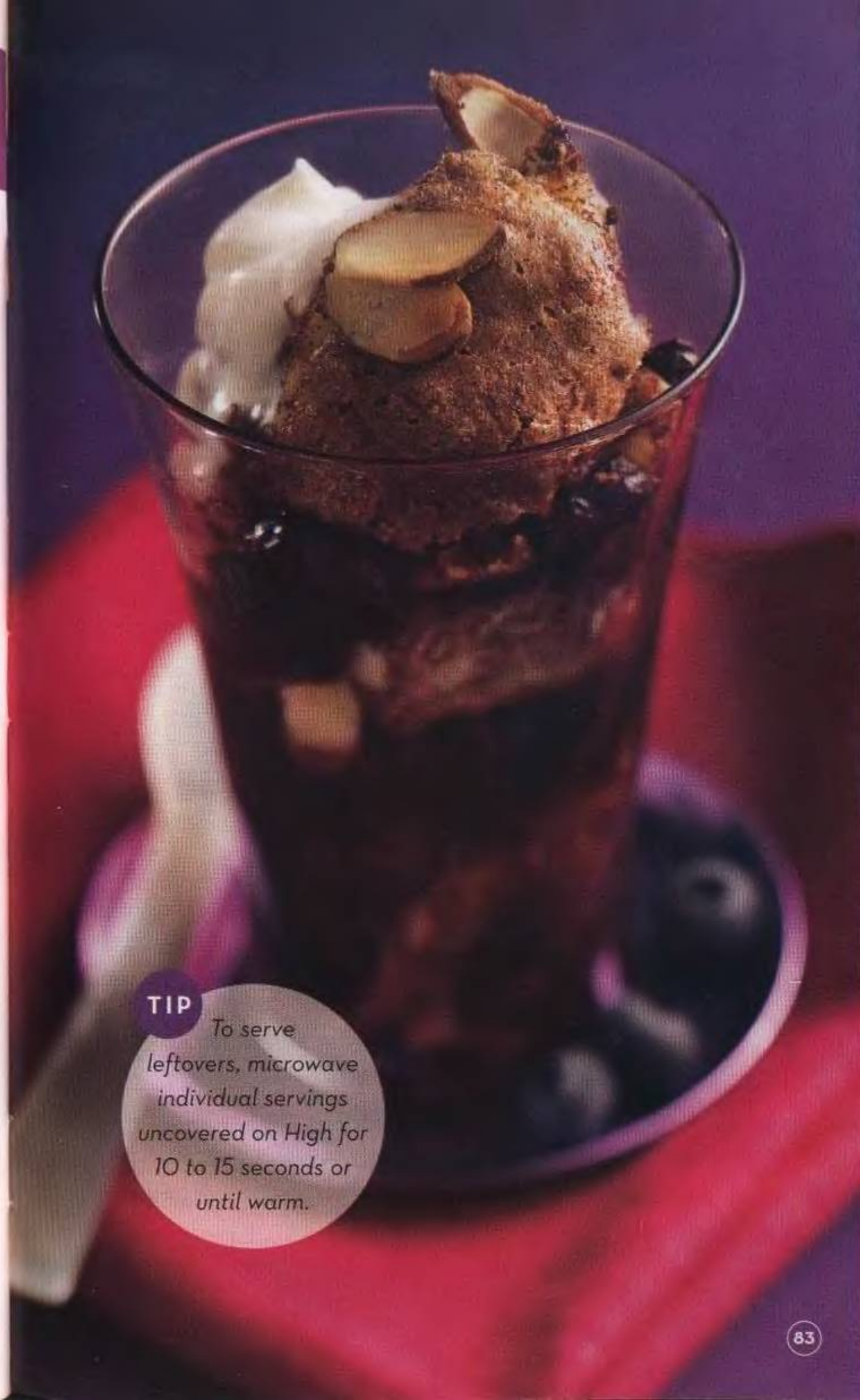
**4** Bake 25 to 30 minutes or until biscuits are deep golden brown and no longer doughy in center. Let stand 20 minutes before serving. Serve warm cobbler with whipped cream.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 250; Total Fat 6g; Sodium 410mg; Dietary Fiber 2g

EXCHANGES: 1 Starch,  $\frac{1}{2}$  Fruit,  $1\frac{1}{2}$  Other Carbohydrate, 1 Fat  
CARBOHYDRATE CHOICES: 3

The fruit mixture must be *pip*ing hot when you add the dough pieces. The hot fruit starts the baking process, ensuring biscuits that are cooked all the way through.



## TIP

To serve leftovers, microwave individual servings uncovered on High for 10 to 15 seconds or until warm.



KITCHEN  
TIP

Bars like these that contain sweetened condensed milk can be stored at room temperature.



## Crescent Layer Bars

PREP TIME: 25 MINUTES START TO FINISH: 2 HOURS 20 MINUTES 36 BARS

- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 cup white vanilla baking chips
- 1 cup semisweet chocolate chips
- 1 cup slivered almonds
- 1 cup cashew halves and pieces
- 1 can (14 oz) sweetened condensed milk (not evaporated)

**1** Heat oven to 375°F (350°F for dark or nonstick pan). Grease **bottom** and sides of 13x9-inch pan with shortening or cooking spray. Unroll dough into 2 long rectangles. Place in pan; press over bottom and 1/2 inch up sides to form **crust**. Bake 5 minutes.

**2** Remove partially baked crust from oven. Sprinkle vanilla baking chips, chocolate chips, almonds and cashews evenly over crust. Pour sweetened condensed milk evenly over top.

**3** Bake 20 to 25 minutes longer or until golden brown. Cool 10 minutes. Run knife around sides of pan to loosen. Cool 1 hour. Refrigerate 30 minutes or until chocolate is set. For bars, cut into 6 rows by 6 rows.

HIGH ALTITUDE (3500-6500 FT): No change.

PER BAR: Calories 165; Total Fat 9g; Sodium 120mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, 2 Fat  
CARBOHYDRATE CHOICES: 1



To cut these bars *easily*, line the pan with foil, allowing extra foil for lifting the bars out of the pan. Grease the foil on the bottom and sides, then add the ingredients. After baking, when the bars are cool, use the foil to lift the baked bars out of the pan; cut the bars and remove from the foil.



# Giant Peanut Butter Zebra Cookies

PREP TIME: 35 MINUTES START TO FINISH: 55 MINUTES 1 DOZEN COOKIES

- 1 roll (16.5 oz) Pillsbury® Create 'n Bake™ refrigerated peanut butter cookies
- 12 miniature chocolate-covered peanut butter cups, unwrapped
- 1/3 cup semisweet chocolate chips
- 1 teaspoon shortening

**1** Heat oven to 350°F. Divide cookie dough into 12 equal pieces. With floured fingers, wrap 1 piece of dough around each peanut butter cup, shaping into a ball. On ungreased cookie sheet, place 6 balls, arranging evenly apart. Refrigerate remaining 6 balls until ready to bake.

**2** Bake 11 to 14 minutes or until golden brown. Cool 1 minute; remove from cookie sheet. Cool completely, about 15 minutes. Bake remaining balls of dough.

**3** In 1-quart saucepan, melt chocolate chips and shortening over low heat, stirring constantly. Drizzle melted chocolate over cooled cookies. Let stand until glaze is set before storing.

HIGH ALTITUDE (3500-6500 FT): No change.

PER COOKIE: Calories 230; Total Fat 11g; Sodium 200mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 2 Fat  
CARBOHYDRATE CHOICES: 2

*For best results,* bake cookies on aluminum cookie sheets. The shiny aluminum surface promotes delicate, even browning. Dark-surfaced sheets can cause overbrowning; insulated sheets may prevent browning and crispness.



## TIP

These giant cookies are great for a bake sale. Package them individually in cellophane bags and tie with a pretty ribbon.



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6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.

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10 grams of fat or less (main dishes) or 3 grams of fat or less (all other dishes).

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# How to use our Nutrition Information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Pillsbury® Magazines can help you estimate the contribution of specific recipes to your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar and protein.

Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.

**Exchange information:**  
We include exchange information for those who are managing their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.

**Carbohydrate Choices:**  
To help people who want to count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

## Guidelines for calculating nutrition information

- The first ingredient is used wherever a choice is given (such as 1/3 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

## TAILORING YOUR DAILY DIET

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

WHAT YOU NEED DAILY	WOMEN 25-50	WOMEN OVER 50	MEN 25-50
Calories	2200	1900	2900
Total Fat	73g or less	63	97
Saturated Fat	24g or less	21	32
Cholesterol	300mg or less	300	300
Sodium	2400mg	2400	2400
Calcium	800mg	800	800
Iron	15mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

## Our experts behind the scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturers' labels are used to provide up-to-date nutrient values.



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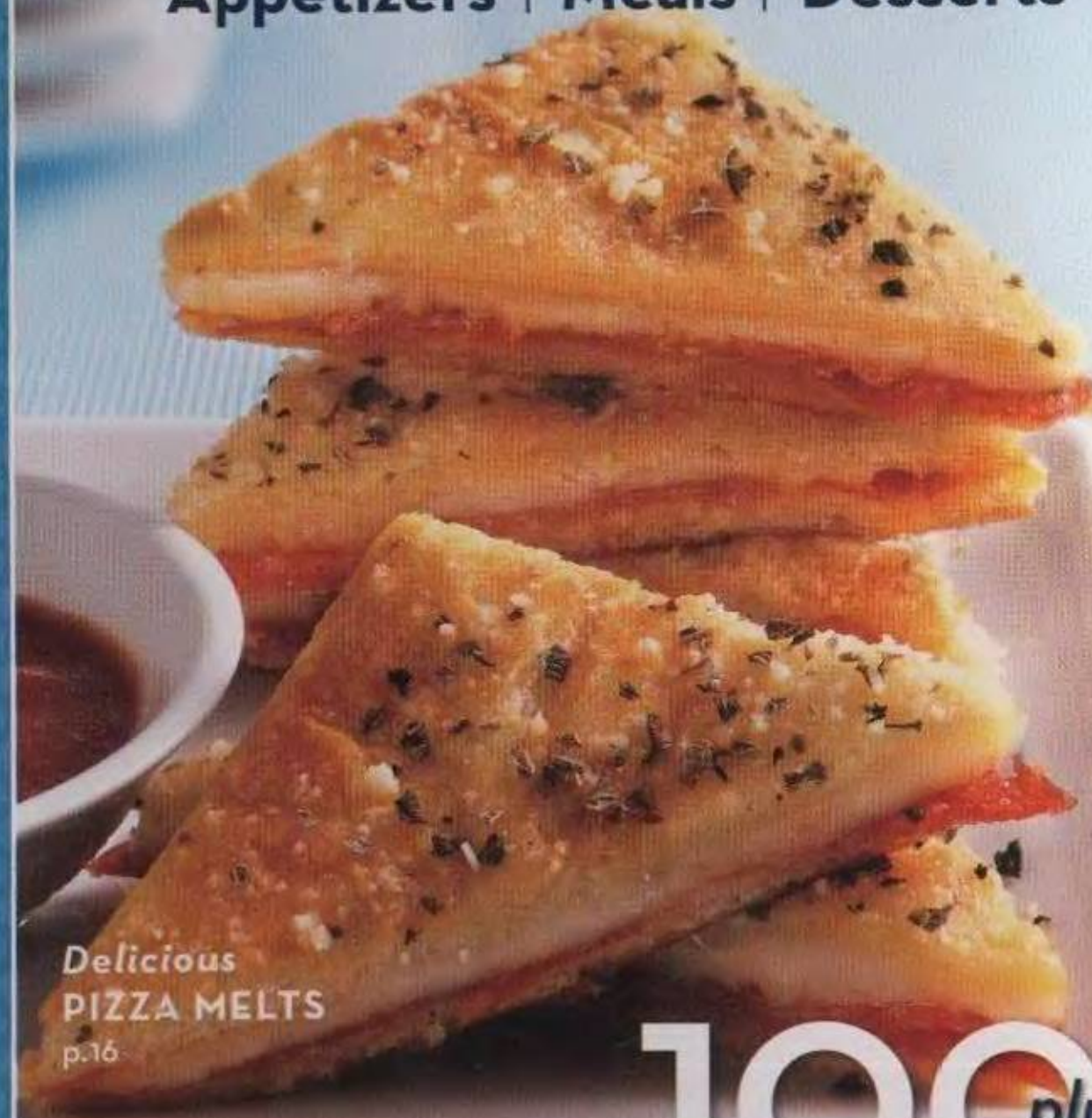
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